

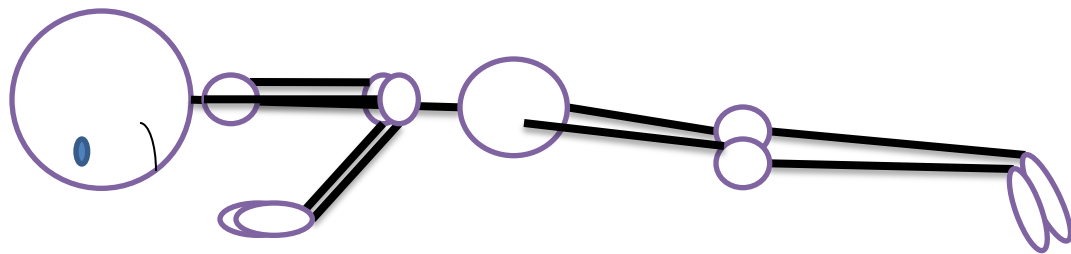
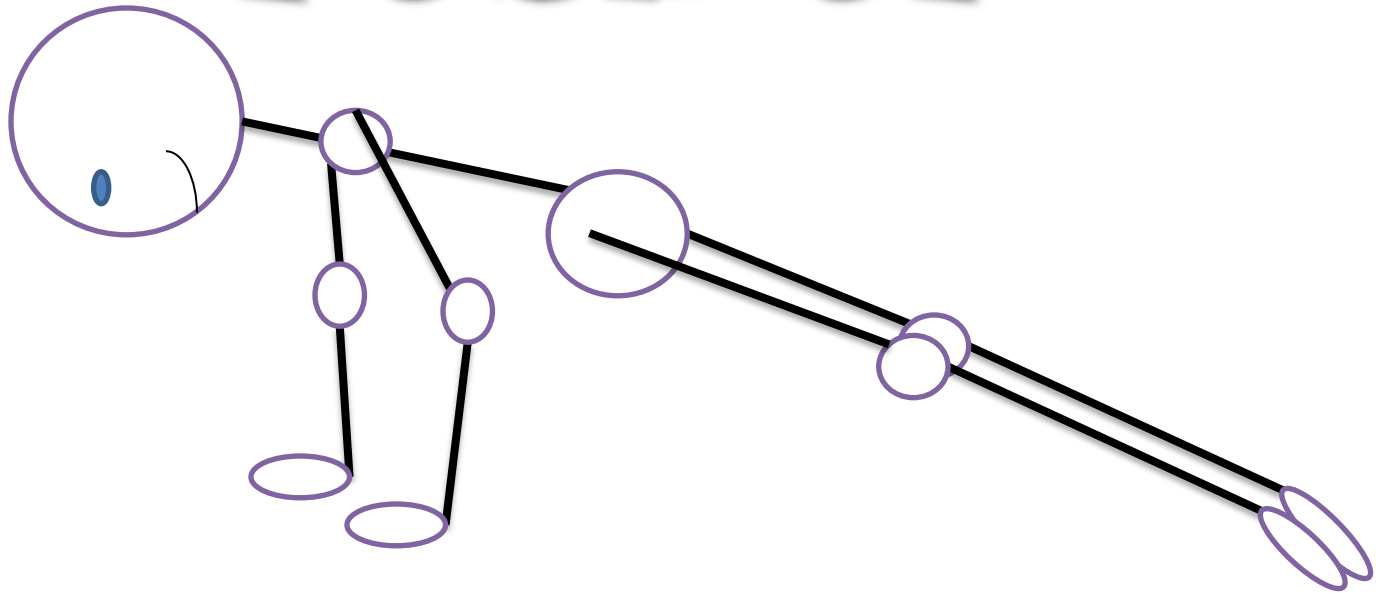
A decorative border of blue stars surrounds the text. There are four large blue stars at the corners and several smaller blue stars scattered throughout the background.

PUSH-UP

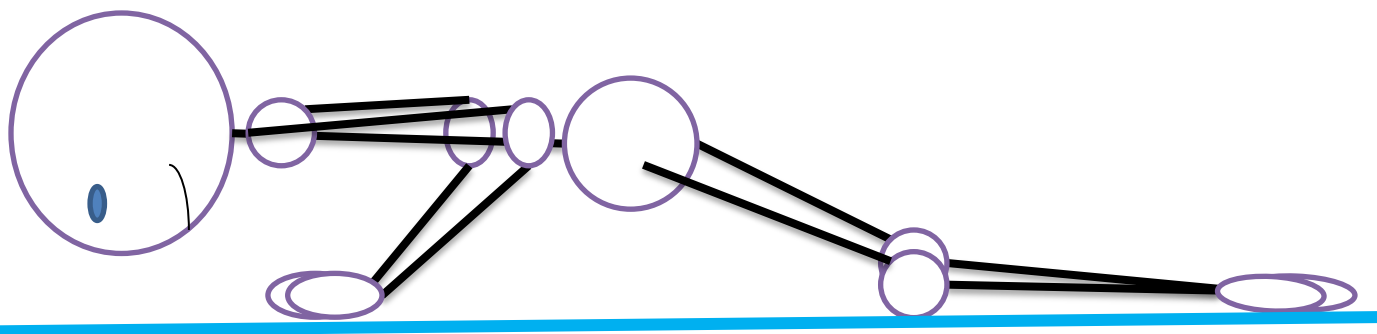
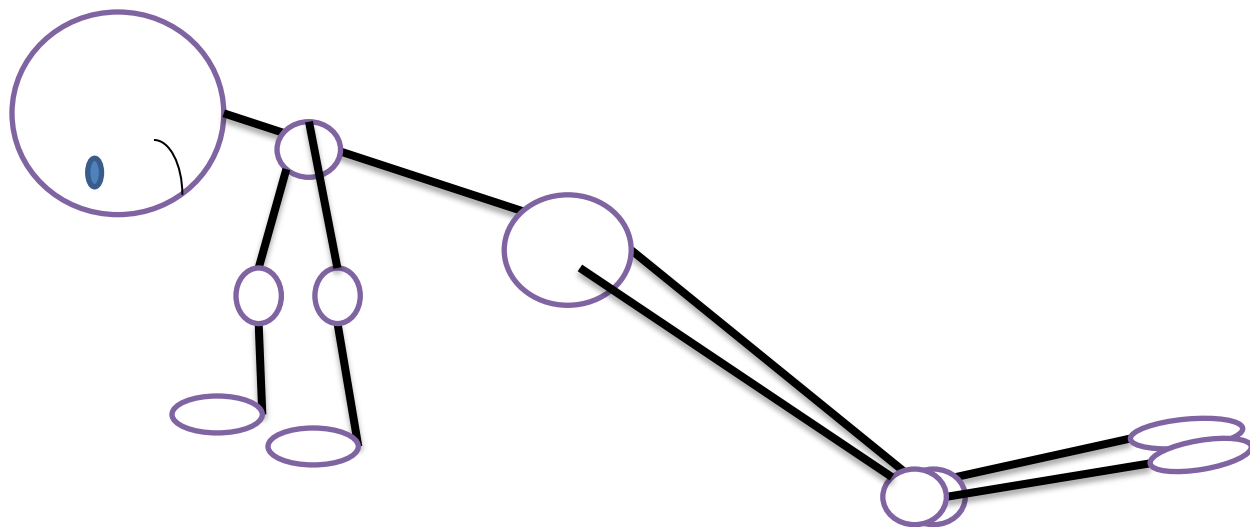
Variety



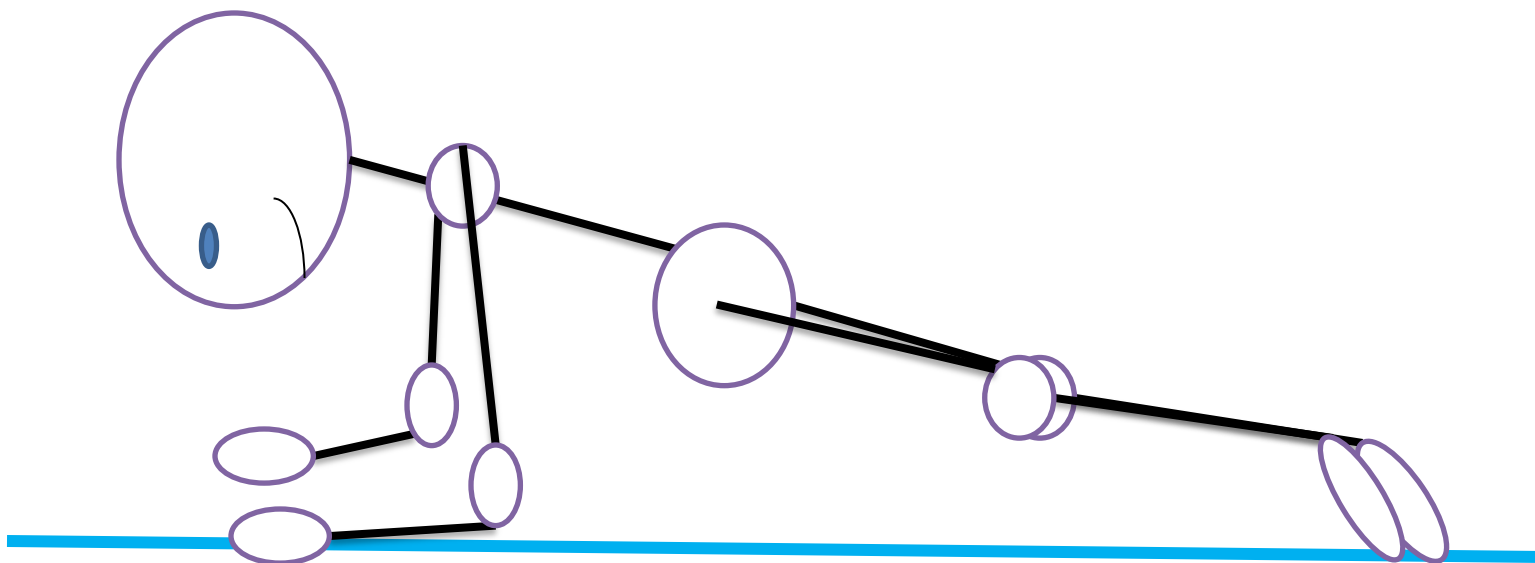
PUSH-UP



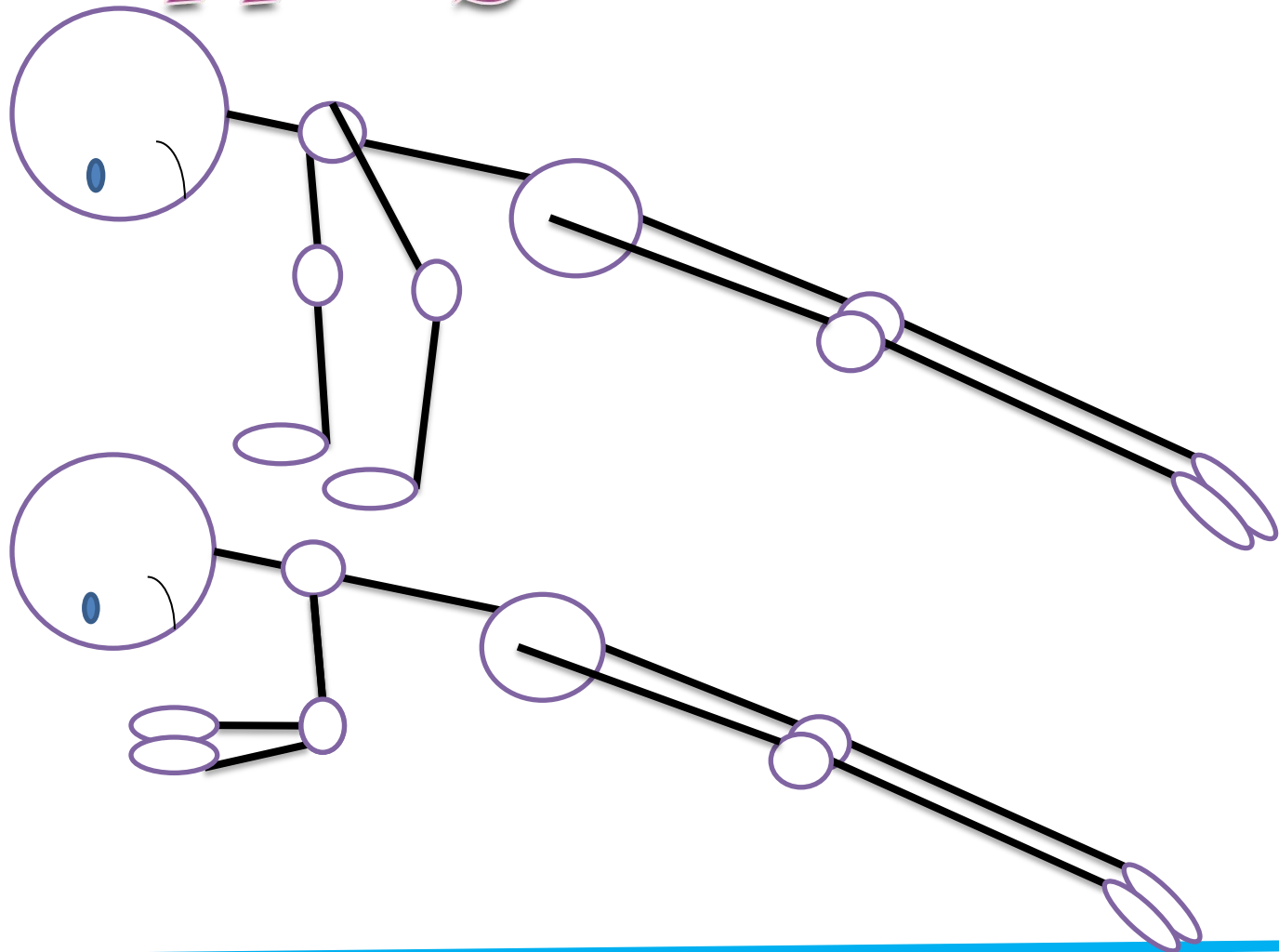
BENTY KNEE PUSH-UP



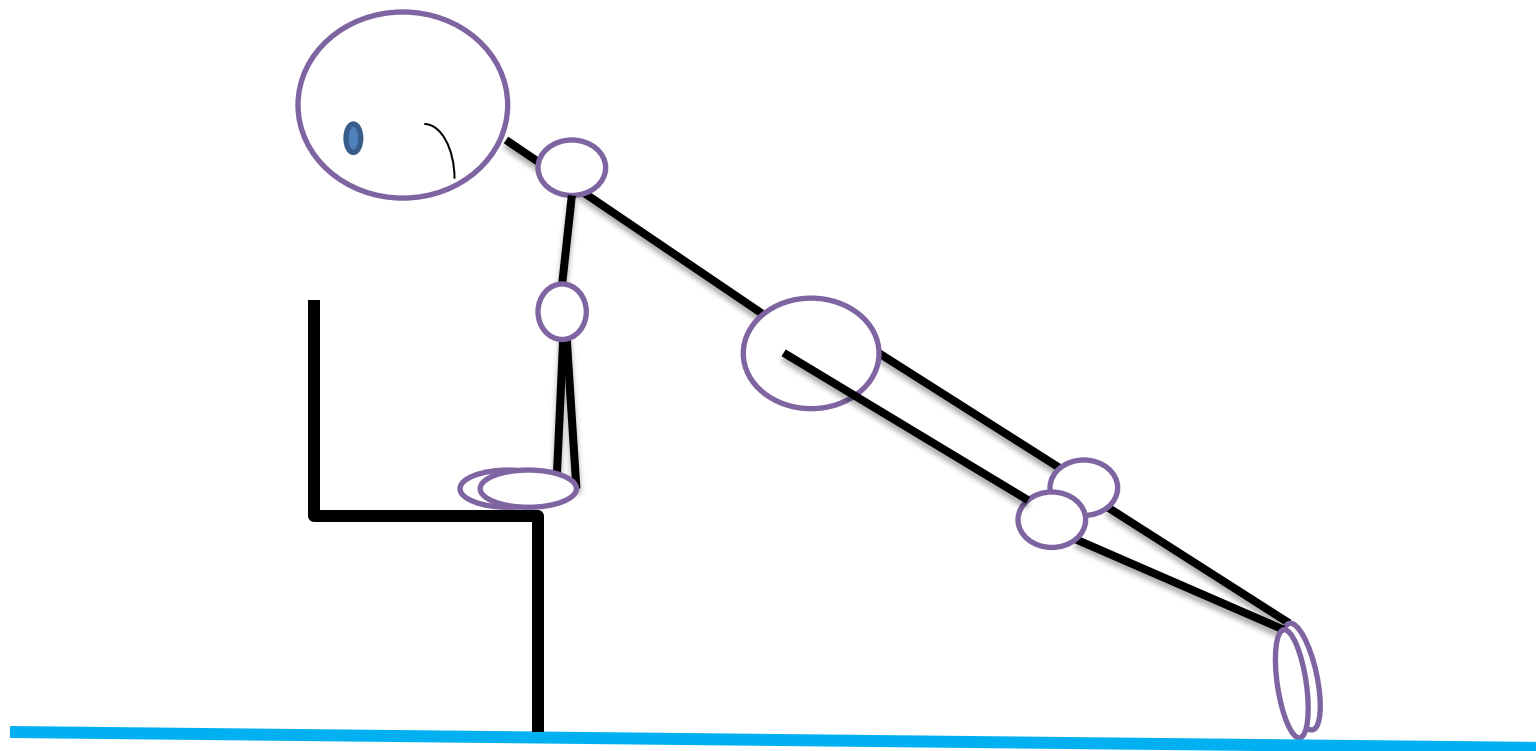
ELBOW STABILIZATION



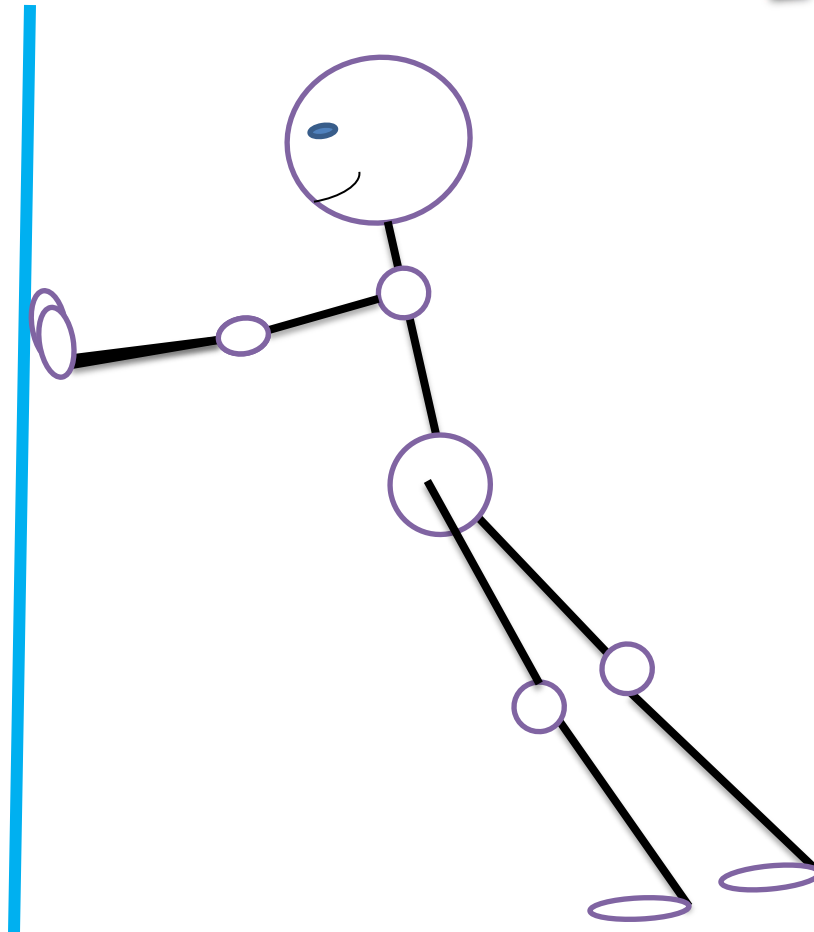
Clapping PUSH-UP



CHAIR PUSH-UPS

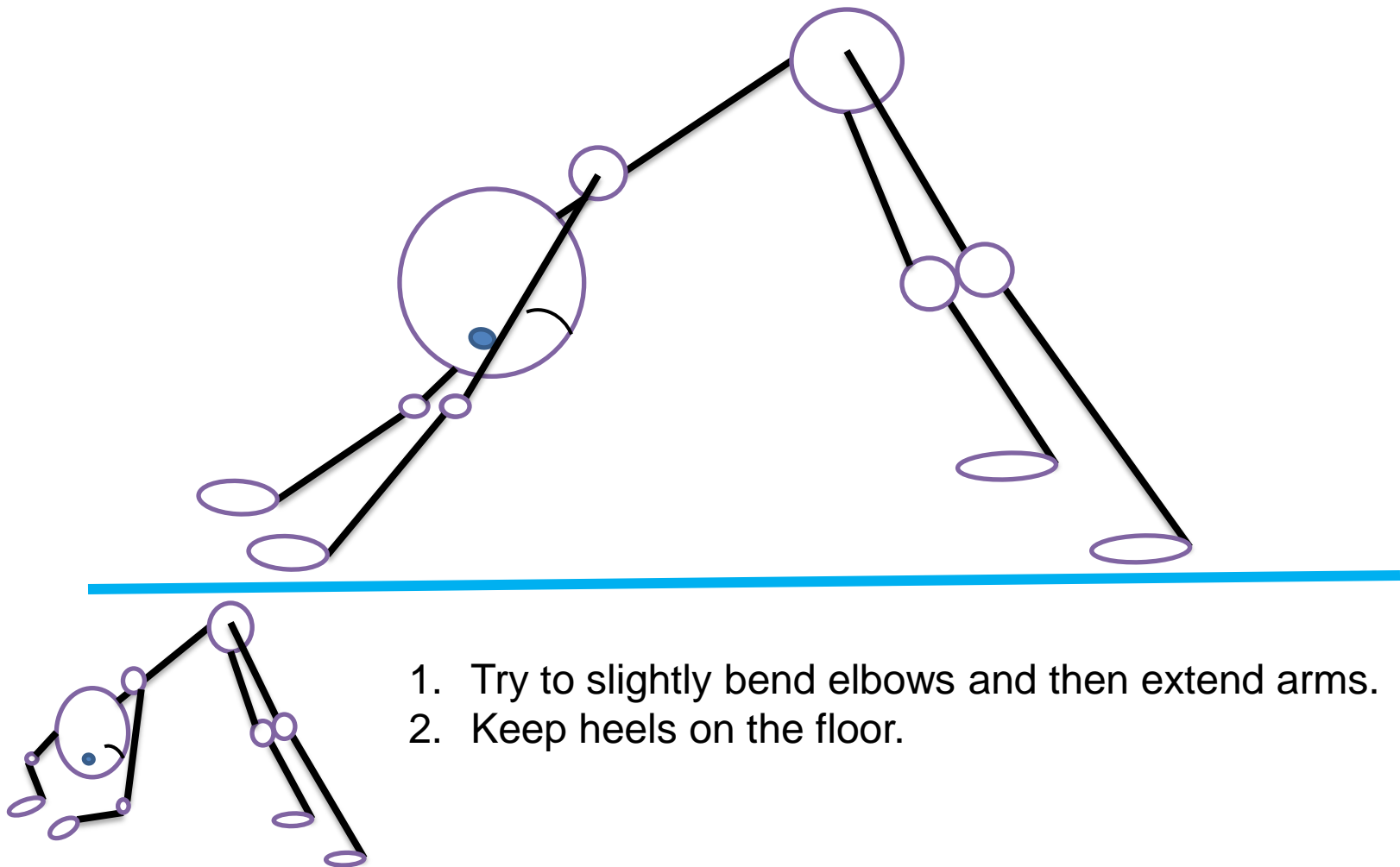


Wall Push-Ups



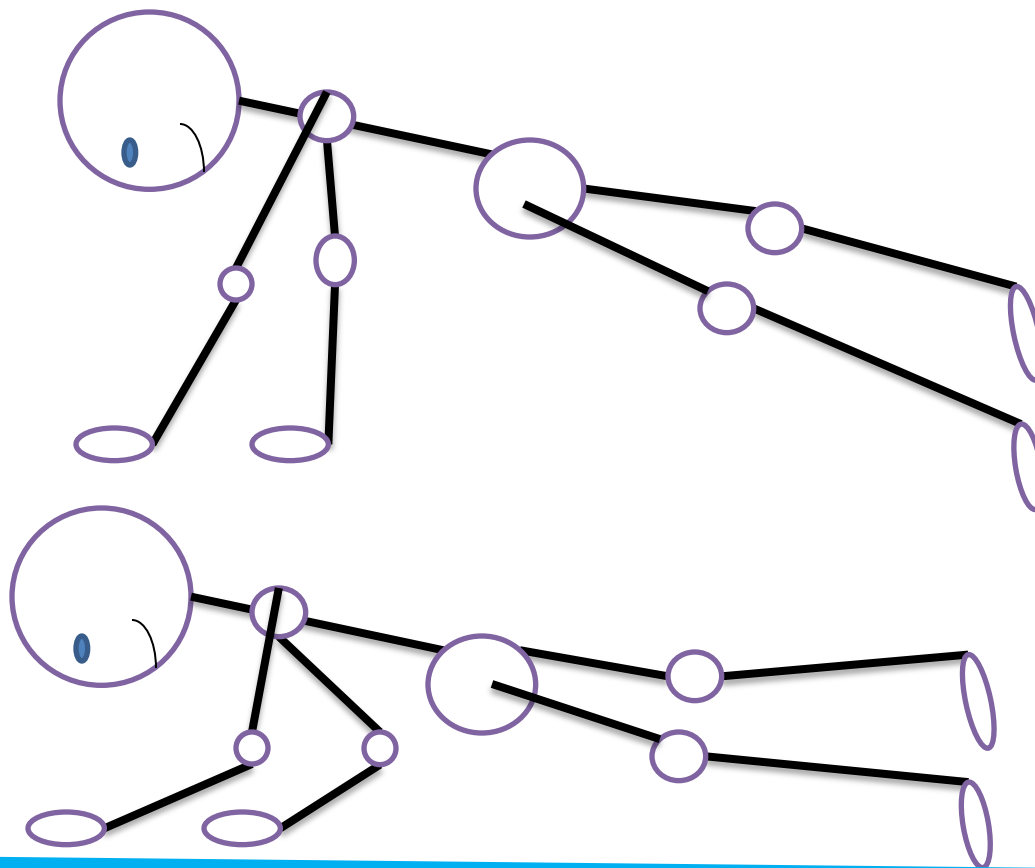
1. Try to slightly bend elbows and then extend arms.
2. Keep heels on the floor.

PIKE Push-Ups



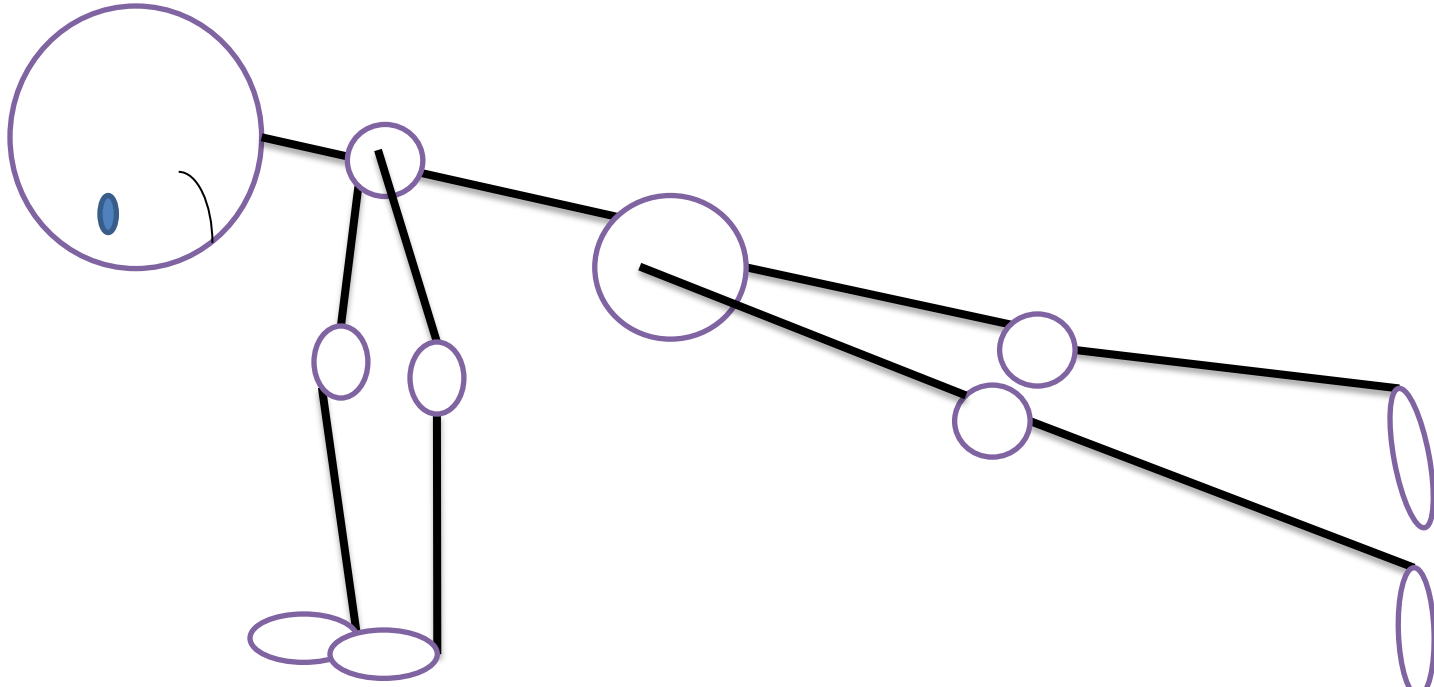
1. Try to slightly bend elbows and then extend arms.
2. Keep heels on the floor.

SPLIT LEFT/RIGHT



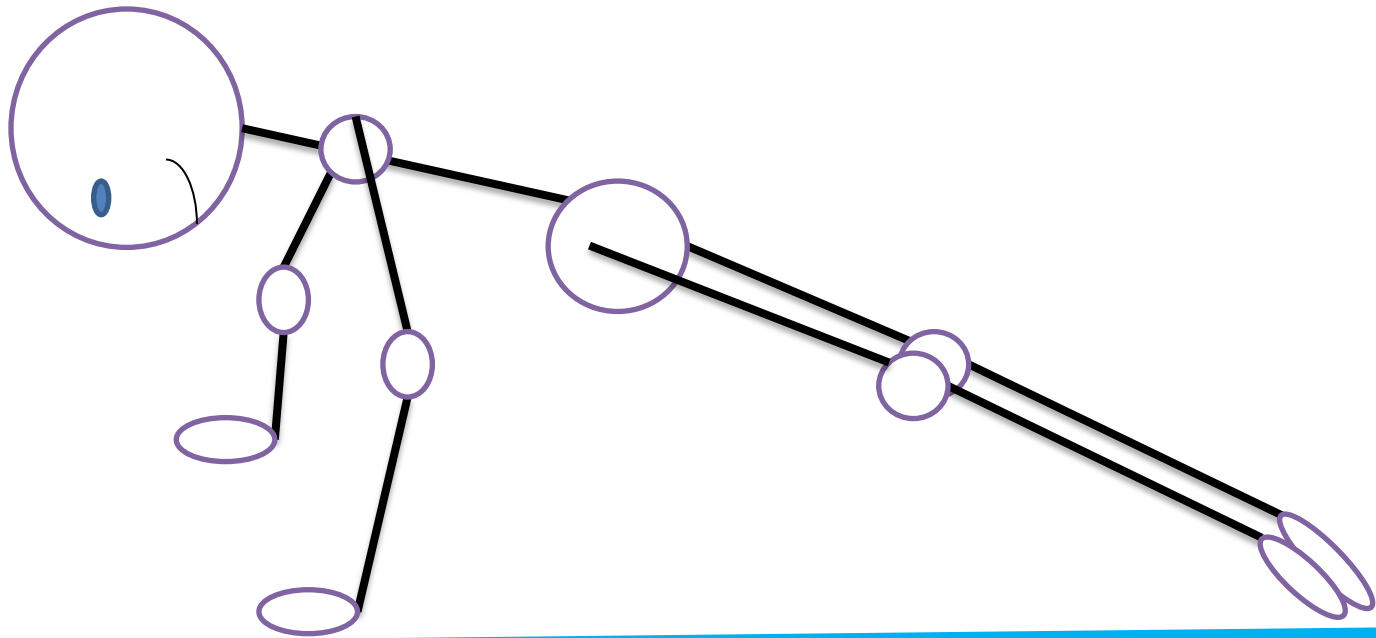
1. Place the left hand in line with the head.
2. Place the right hand in line with the shoulder.
3. Complete a push-up. Switch hand positions.

NARROW



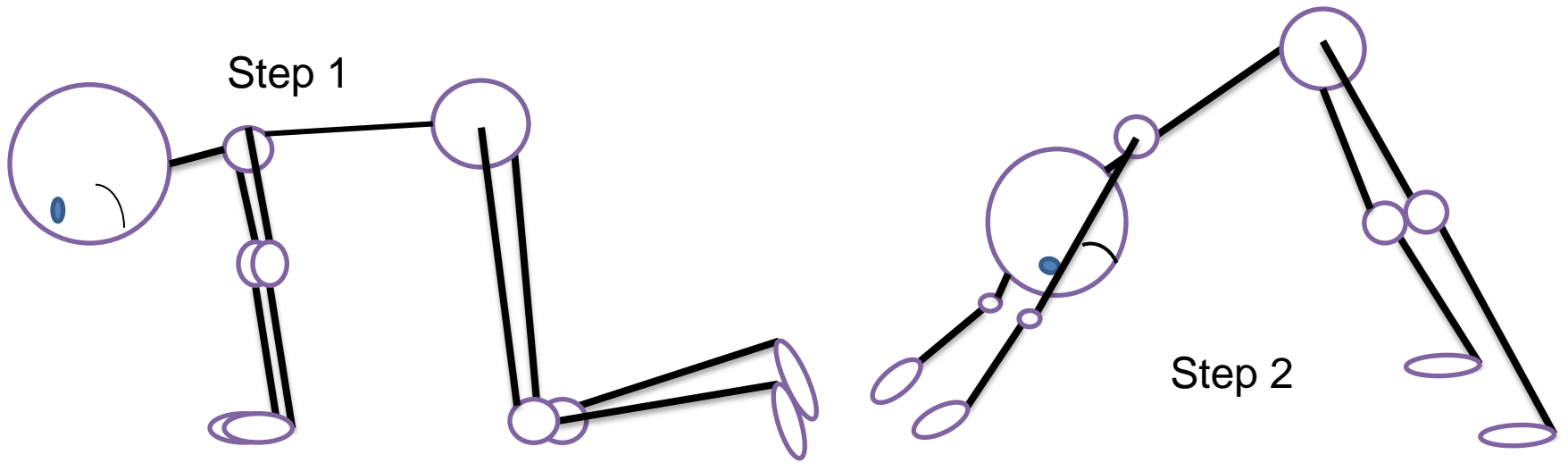
1. Hand position for narrow push-ups.
2. Thumbs and first fingers form a triangle.

WIDE

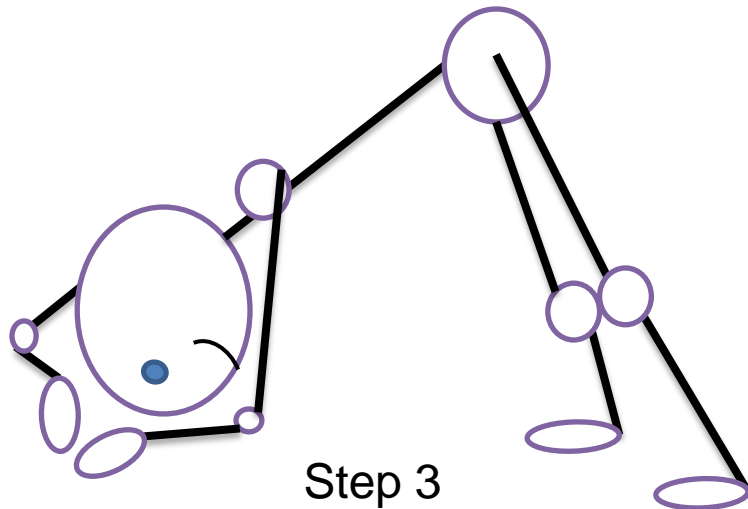


1. Hand position for wide push-ups.
2. Hands are beyond shoulder width

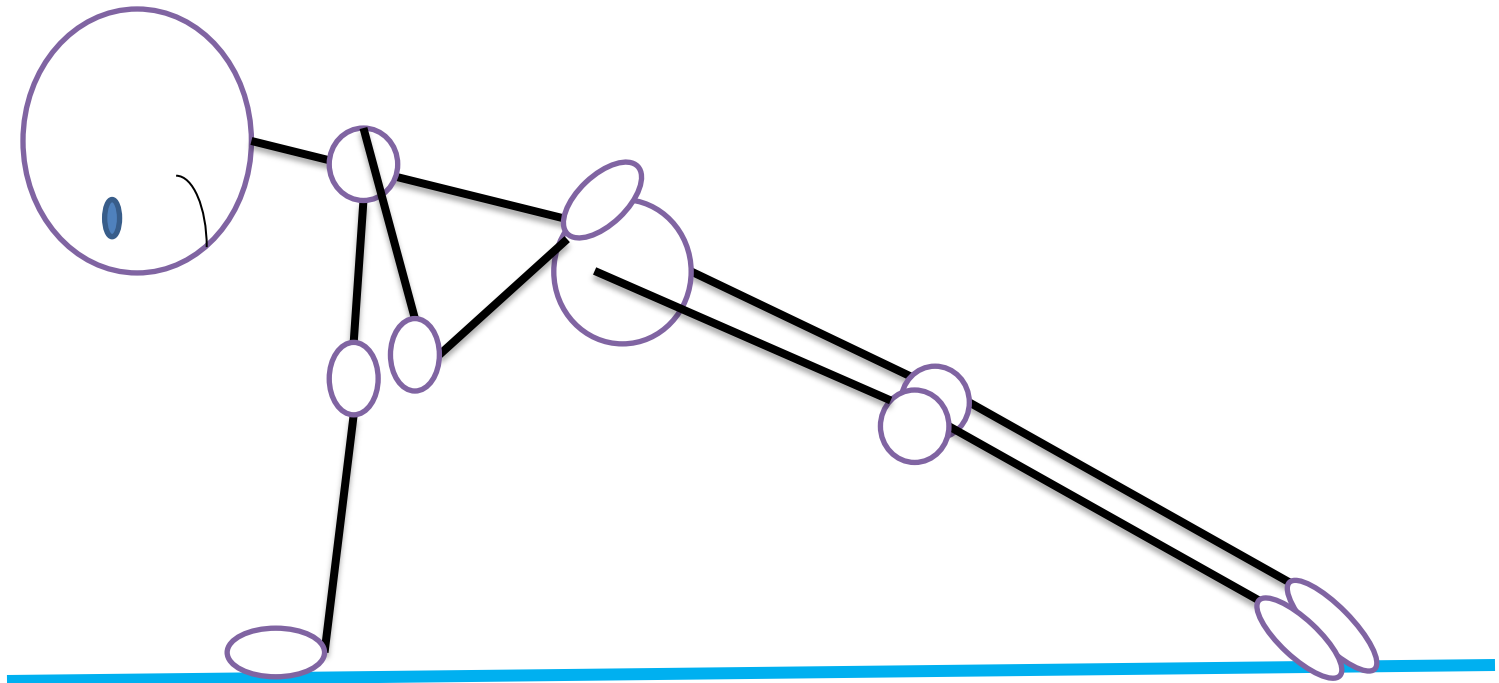
TIGER PUSH-UPS



Hand
Position



ONE-ARM PUSH-UPS



1. Keep support arm under shoulder.
2. Opposite hand rests on hip.
3. One-arm push-ups can also be performed with knees on the floor.