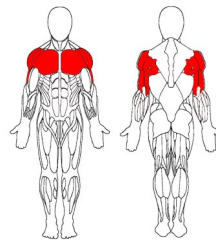


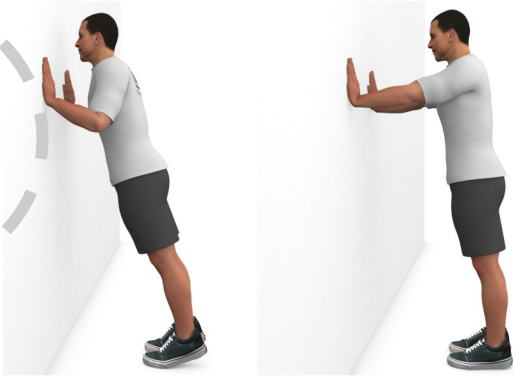
# PUSH-UPS



**CHEST  
SHOULDERS  
ARMS**

**Warning:** Push-ups can strain wrists, shoulders, or aggravate existing injuries. Consult a professional before starting if you have concerns.

1



## Wall Push Ups

**Easy**

### Instructions:

- Stand 3 feet from the wall
- Place hands at chest level, slightly wider than shoulders
- Keep your body straight
- Lean forward to 90-degree elbows, then push back

2



## Modified Push Ups

**Intermediate**

### Instructions:

- Rest on your knees
- Place hands at chest level, slightly wider than shoulders
- Keep your body straight
- Lower to 90-degree elbows, then push back up

3



## Wall Push Ups

**Hard**

### Instructions:

- Place hands on the floor, slightly wider than shoulders
- Keep your body straight
- Lower to nearly 90-degree elbows, then push back up

**BONUS!** Try the below 8-week plan to build your push-up stamina (and great-looking arms too!)

**Important:** Take at least 1 day break in between the below training days.

Week #	Number or Days	Exercise	Repetitions	Sets
<b>Week 1</b>	Day 1	Wall Push Ups	15	2
	Day 2	Wall Push Ups	15	2
<b>Week 2</b>	Day 1	Wall Push Ups	25	2
	Day 2	Wall Push Ups	35	2
	Day 3	Modified Push Ups	3	2
<b>Week 3</b>	Day 1	Modified Push Ups	5	1
		Wall Push Ups	50	1
	Day 2	Modified Push Ups	5	1
		Wall Push Ups	50	1
	Day 3	Modified Push Ups	7	2
Wall Push Ups		75	1	
<b>Week 4</b>	Day 1	Modified Push Ups	10	1
		Wall Push Ups	100	1
	Day 2	Modified Push Ups	7	2
		Wall Push Ups	100	2
<b>Week 5</b>	Day 1	Modified Push Ups	15	1
		Wall Push Ups	100	1
	Day 2	Modified Push Ups	10	2
		Wall Push Ups	100	1
<b>Week 6</b>	Day 1	Regular Push Ups	3	1
		Modified Push Ups	15	2
		Wall Push Ups	100	1
	Day 2	Regular Push Ups	3	1
		Modified Push Ups	20	1
		Wall Push Ups	100	1
<b>Week 7</b>	Day 1	Regular Push Ups	5	1
		Modified Push Ups	20	2
	Day 2	Regular Push Ups	5	2
		Modified Push Ups	20	2
	Day 3	Regular Push Ups	10	1
Modified Push Ups		25	1	
<b>Week 8</b>	Day 1	Regular Push Ups	12	1
		Modified Push Ups	25	2
	Day 1	Regular Push Ups	15	1
		Modified Push Ups	25	2