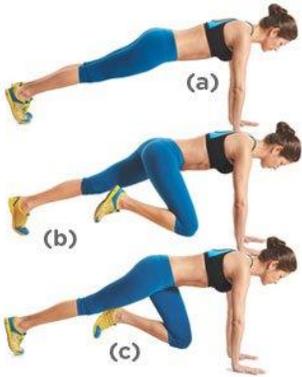


STRATEGIES TO IMPROVE MUSCULAR STRENGTH/PUSH UPS

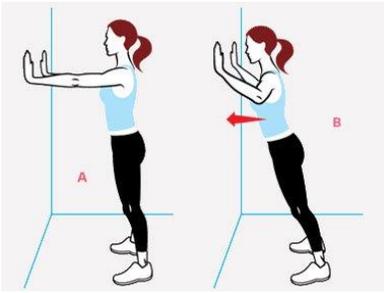
Practice exercises 4-5 times per week. Get all of your training done while watching your favorite TV show and doing 1 exercise during each commercial.

EXERCISE	DESCRIPTION	BEGINNER	INTERMEDIATE	ADVANCED
Low Plank 	Plank position with upper body weight on elbows. Straight back. Imagine a straight line from head to heels. No mountains, no valleys.	Hold for at least 30 seconds	Hold for at least one minute	Hold for more than one minute
High Plank 	Plank position with upper body weight on hands and arms fully extended. Straight back. Imagine a straight line from head to heels. No mountains, no valleys.	Hold for at least 30 seconds. Rest. Hold plank – alternating toe taps for 30 seconds. Left toe out, back to center. Right toe out, back to center. Rest. Hold plank – bring each knee up to chest, alternating for 30 seconds. Rest.	Hold for at least 1 minute. Rest. Hold plank – alternating toe taps for one minute. Left toe out, back to center. Right toe out, back to center. Rest. Hold plank – bring each knee up to chest, alternating for one minute. Rest.	Hold for more than one minute. Rest. Hold plank – alternating toe taps for more than one minute. Left toe out, back to center. Right toe out, back to center. Rest. Hold plank – bring each knee up to chest, alternating for more than one minute. Rest.
Mountain Climbers 	Start in push up position, then alternate bringing one foot at a time forward towards armpit and then extending it back out.	Start slow. Perform for 30 seconds. Rest and repeat.	Increase speed. Perform for 30 seconds to one minute. Rest and repeat.	Perform for one minute. Rest and repeat.

<p>Burpees</p> 	<p>Begin in standing position. Drop into a squat position with hands on the ground.</p> <p>Kick feet back into plank position. Arms extended.</p> <p>Return feet to squat position. Jump up.</p> <p>Repeat.</p>	<p>Start slow.</p> <p>Walk through the movement to understand rhythm.</p> <p>Perform for 30 seconds or 10 reps.</p> <p>Rest and repeat.</p>	<p>Increase speed.</p> <p>Add jump to increase intensity.</p> <p>Perform for 30 seconds to a minute, or 20 reps.</p> <p>Rest and repeat.</p>	<p>Increase speed.</p> <p>Add a push up when in plank position.</p> <p>Perform for 45 seconds to a minute, or 25 reps.</p> <p>Rest and repeat.</p>
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Push Ups

Wall Push Ups



Bench Push Ups



Modified Push Ups



Push Ups



Choose a picture. Perform a right angle push up as shown above. Perform as many reps as you can for 30 seconds to one minute. Rest and repeat.