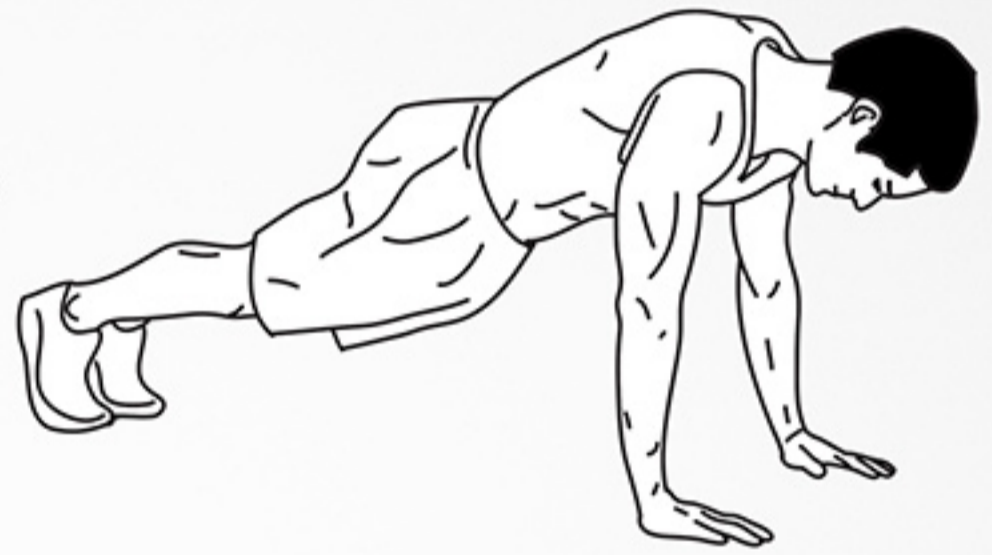
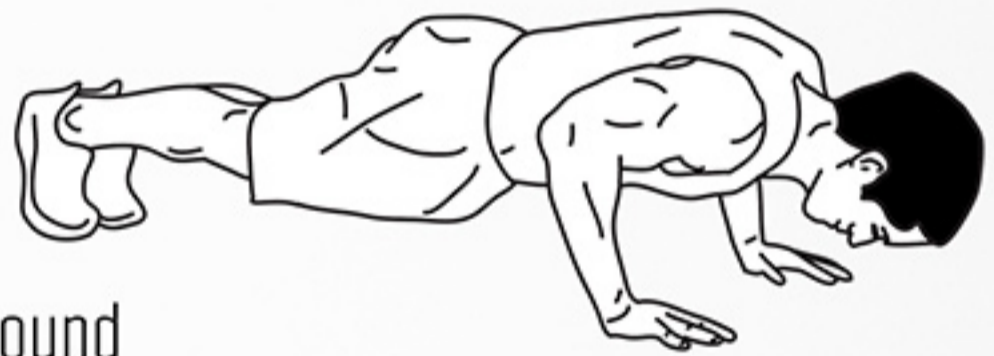


push-ups

1 Position your body with your arms straight out, shoulder width apart, abs tight, holding your body in a plank position.



2 Lower your body until your chest is an inch or two above the floor, elbows pulling back at roughly a 45 degree angle.



3 Push your torso away from the ground until your arms lock, then repeat.

TIPS

Keep your body stiff and straight as a plank
Elbows at a 45-degree angle from your sides
Breathe in on the way down
Breathe out on the way up

muscles worked

