

Pushups



Muscle Group: Arms (pectorals, biceps, triceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Body weight

Instructions

1. Start with your knees on the ground and walk your hands out until your back and legs form a straight line (hips down).
2. Position your hands directly under your shoulders with your fingers pointing out.
3. Slowly lower your body towards the ground, pause and push back up.
4. Repeat this 10 times (3 x 10).

Tips & Modifications

- Make sure movements are slow and controlled.
- Try pushups against a wall if needed.
- Use a mat or towel under your knees for cushion.
- More experienced or advanced participants, try a fully extended push up with knees off the ground.
- Beginner Tip: Start by using the wall and perfecting your form before moving to the ground.



Click here or scan the QR Code below to watch video instructions!

