Title: Barbell Pushups / Push-ups

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a loaded barbell on the floor and place your hands at a slightly-wider-than-shoulder-width grip. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bracing your core, get into push-up position with a straight posture from head to heel.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your body down until your chest hovers about ½ an inch from the bar.</span></li>

<li style="font-weight: 400;">Use a combination of chest and triceps power to push your body back up away from the bar.</li>

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