Title: Decline Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Facing down, place yourself on the ground with your hands flat on the floor, directly below your shoulders.</li>

<li>Place your feet on top of a bench or box. Only your toes and balls of your feet should be touching the floor.</li>

<li>Maintain a flat back and tight core before lowering your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.</li>

<li>Push yourself back to the starting position by straightening your arms. Do not lock out your elbows.</li>

<li>Repeat.</li>

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