Title: Diamond / Pyramid / Triceps Push-ups / Pushups

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Chest, Shoulders

Summary: <ol>

<li>Position yourself on all fours on a mat.</li>

<li>Place your hands in front of you and shoulder-width apart.</li>

<li>Now bring your hands in towards the center until the tips of your index fingers and tips of your thumbs are touching. This creates a diamond shape between your hands. Your elbows and wrists should be in line with your chest.</li>

<li>With your fingers facing forwards, lift off your knees so that your body forms a straight line and just your hands and toes touch the floor.</li>

<li>Keep you pelvis straight and abs engaged and aim to keep a straight back throughout the movement.</li>

<li>Bend your elbows and lower your body towards the floor, aiming to touch your chest to the top of your hands. Pause briefly.</li>

<li>Return to the starting position by extending your elbows and lifting your body off the floor again.</li>

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