Title: Dynamic Clap Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li class="p1">Weight will be held up by your hands and feet. Hands should be slightly wider than shoulder-width. Core is tight and back is flat. Lower yourself down keeping perfect form.</li>

<li class="p1">Explosively push yourself up, extending your elbows. While your hands are off the ground, clap them together.</li>

<li class="p1">Return your hands to the ground just outside shoulder-width. Lower yourself back to the starting position.</li>

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