Title: Incline Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Set up a bench or stable elevated surface. Begin with both hands on the bench at shoulder-width or just outside of shoulder-width.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet straight behind you while you tighten your abs and engage the hips. Your hips should not dip or elevate too high during the movement.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower yourself towards the bench. Once your upper arms are parallel with the floor, pause, and return to the starting position.</span></li>

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