Title: Modified / Knee Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Come to the ground on your knees. Tighten your core and maintain a flat back.</li>

<li>Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.</li>

<li>Lower 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>Without locking your elbows, push yourself back to the starting position by straightening your arms.</li>

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