Title: Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Get into position by placing your hands flat on the floor, directly below your shoulders.</li>

<li>Extend your legs out behind you, with only your toes and balls of your feet touching the floor.</li>

<li>Hold your body up and keep your back straight by tightening your abdominal muscles.</li>

<li>Your neck and head should be bent slightly back.</li>

<li>Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.</li>

<li>Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.</li>

<li>Repeat.</li>

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