Title: Raised One-Legged / Leg Push Ups / Push-ups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Get yourself in the push-up position with your hands flat on the ground just wider than shoulder width apart. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Ensuring that there is a straight line running from your neck to your heels, lift your right leg off the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your right leg elevated, bend your elbows and lower your body towards the ground until your chest is about two inches away from the floor.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push your body back to the starting position and then lower your right leg to the ground. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the motion with the left leg elevated. </span></li>

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