Title: Spiderman Push-ups / Pushups

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li class="p1">Go into a standard push-up position, supporting your weight on your toes and hands. Your back is flat and your core is tight. Your hands should be directly beneath your shoulders.</li>

<li class="p1">Lower yourself into a push-up. Focus the tension in the chest.</li>

<li class="p1">As you descend, bring your right leg up and to the side. Try to touch the knee to the elbow. As you push yourself back up, return the leg to its original position. Repeat with the other side.</li>

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