Title: Staggered Hand Push-Ups / Pushups

Primary Muscle Groups: Abs, Chest, Shoulders

Secondary Muscle Groups: Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lying face down, place your hands below your shoulders and your feet directly behind you. Brace your core and maintain a flat back. Shift your left hand slightly above shoulder height while you shift your right hand back towards your ribs.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push yourself up to the starting position, feeling the contraction in your core, chest, and shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower yourself and once your upper arms are parallel with the floor, pause, and return to the starting position. Repeat by switching the hand positions.</span></li>

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