Title: Static Push-up / Pushup Hold

Primary Muscle Groups: Abs, Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Position yourself in a plank position, supporting your body with your toes and place your hands underneath your shoulders with elbows extended. Keep your abs engage and prevent letting your hips sag.</li>

<li>Lower your chest to the floor and hold for 30 seconds.</li>

<li>Straighten up to starting position.</li>

</ol>