Title: Resistance Band Push-ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring yourself to the ground and place your hands below your shoulders and your feet directly behind you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Wrap a resistance band behind you so that the band is stretched across your upper back - not your neck. Brace your core and maintain a flat back. </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. Feel the tension in your chest and triceps as the band provides resistance.</span></li>

</ol>