Title: TRX Suspension Straps Atomic Push-ups / Pushups

Primary Muscle Groups: Abs, Chest, Shoulders

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring yourself to the ground and enter an elevated push-up position with your hands below your shoulders and your feet directly behind you. Carefully, insert one foot at a time into hanging TRX bands.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintaining a tight core, slowly lower yourself while keeping your balance. Once your upper arms are parallel with the floor, pause, and return to the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your knees in towards your elbows, feeling the contraction in your abdominals. Slowly extend your feet back into the starting position. That is one repetition.</span></li>

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