

Push-Up Exercise Guide

Exercise Name: Push-Up

Number of Reps: 10-20 reps

Instructions:

1. Start in a plank position with your hands placed slightly wider than shoulder-width apart.
2. Lower your body until your chest nearly touches the floor, keeping your elbows at a 45-degree angle.
3. Keep your body in a straight line from head to heels.
4. Push through your palms to return to the starting position.

Equipment Needed: None

Time Required: 5-10 minutes