

PUSHUP

YOU CAN STRENGTHEN MULTIPLE MUSCLES AT ONCE:

When you do a push-up, you work multiple muscles at the same time. Push-ups help strengthen your:

- Chest muscles
- Shoulders
- Triceps
- Biceps
- Upper back muscles

Moreover, because you must maintain proper form throughout the push-up movement, you'll have to keep your core, hip, and leg muscles engaged as well.

YOU CAN MODIFY PUSH-UPS TO SUIT YOUR NEEDS AND FITNESS LEVEL:

A few examples of push-up variations include:

- Decline push-ups: Have your feet elevated on a workout bench while keeping your hands on the floor.
- Diamond push-ups: Place your hands close together under your chest, with the thumbs and index fingers touching.
- Clap push-ups: Push yourself off the floor and clap your hands before you come back down.

PUSHUP ALSO STRENGTHEN YOUR JOINTS AND BONES AND BURN CALORIES TO LOSE WEIGHT.