Let's assume you have made some changes to your local Git repository and you want to push those changes to a remote repository on GitHub.

1. First, navigate to your local Git repository using the command line or terminal.
2. Use the **git status** command to check the current status of your local repository.
3. Use the **git add** command to add the changes you want to push to the remote repository. For example, if you want to add all the changes, you can use the command **git add .** (the dot means all changes).
4. Use the **git commit** command to commit the changes to your local repository. For example, you can use the command **git commit -m "Updated the readme file"** to commit your changes with a message.
5. Use the **git push** command to push your changes to the remote repository. For example, you can use the command **git push origin main** to push the changes to the **main** branch of the **origin** remote.

Here's the breakdown of the command:

* **git push**: the command used to push changes to the remote repository.
* **origin**: the name of the remote repository.
* **main**: the name of the branch you want to push the changes to.

That's it! Your changes have now been pushed to the remote repository.