Sources

* en.wikipedia.org:
  + <http://en.wikipedia.org/wiki/Pushup>
  + <http://en.wikipedia.org/wiki/Lunge_(exercise)>
* <http://www.livestrong.com/>
* <http://www.bodybuilding.com/>
* <http://www.cbsnews.com/news/cdc-80-percent-of-american-adults-dont-get-recommended-exercise/>