**Incline Push-Up**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand facing a bench, table, or the edge of a bed.
* Place your hands on the edge of the surface, slightly wider than shoulder-width apart.
* Keep your arms straight, but do not lock your elbows.

1. Body Alignment:

* Align your feet so that your body forms a straight line from head to heels.

1. Lowering Phase:

* Bend your elbows to slowly lower your chest toward the edge of the bench while inhaling.
* Keep your body straight throughout the movement, avoiding any sagging or arching of the back.

1. Pushing Phase:

* Push your body away from the bench until your elbows are extended, but not locked.
* Exhale as you push up.

1. Repetition:

* Repeat the movement until the set is complete.

**Tips for Incline Push-Ups:**

* Keep your core engaged to maintain a straight body line throughout the exercise.
* Focus on controlled movements rather than speed to enhance effectiveness and reduce the risk of injury.
* Adjust the height of the bench or surface to modify the intensity of the exercise.