**Knee Push Ups**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Kneel on the floor with your knees together and your feet flat behind you.

1. Hand Placement:

* Lean forward and place your hands on the ground, shoulder-width apart, ensuring your wrists are aligned with your shoulders.

1. Body Alignment:

* Engage your core and keep your body in a straight line from the top of your head to your knees.

1. Lowering Phase:

* Inhale as you slowly lower your body toward the ground, bending your elbows at about a 45-degree angle until your chest is close to the floor.

1. Pause:

* Hold the lowered position for a moment, maintaining control.

1. Pushing Up:

* Exhale as you push through your hands to return to the starting position, ensuring you do not lock your elbows at the top.

1. Repetitions:

* Repeat the push-ups until your set is complete.

**Tips for Knee Push-Ups:**

* Keep your core engaged and glutes tight to maintain stability.
* Maintain a neutral spine, avoiding arching or rounding your back.
* Keep your head in line with your spine, looking slightly ahead instead of downward.
* Focus on smooth and controlled movements for optimal effectiveness.