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## HOW TO : THE PRESS UP

**Achieve your first set of press ups within 4 weeks - This how to is for beginners to press ups.**

**What is a Press-up?** A press-up (a common calisthenics exercise) is a \*compound strength-training exercise that involves raising and lowering the body using your arms while facing down in a prone, horizontal position.

### **Benefits :**

Traditional Press-ups are beneficial for building upper body strength. They work the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles. Pushups are a fast and effective exercise for building strength.

### **Negatives :**

Doing press-ups without proper form can lead to an injury. For example, you may experience lower back or shoulder pain if you don't do press-ups properly. If press-ups are too difficult at first, modify the exercise. Do them on your knees or against a wall.

### **Mechanics :**

In a regular press-up, you lift **approx 64 percent of body weight**, whereas with a knee push-up, you lift 49 percent. If you're new to training, performing the push-up with hands elevated on a 24-inch bench will allow you to lift even less than a knee push-up, at 41 percent of body weight.

**In the standard pushup, the following muscles are targeted:**

- chest muscles, pectorals.
- shoulders, deltoids.
- back of your arms, triceps.
- abdominals.
- the "wing" muscles directly under your armpit, called the serratus anterior.

*\* A **compound** exercise works several muscle groups at once, and includes movement around two or more joints.*

\* What is the difference between a press up and a push up?

According to Wikipedia, a push-up (USA English), or a press-up (UK English), is "a common strength training exercise performed in a prone position, lying horizontal and face down, raising and lowering the body using the arms."

The correct setup for a standard **press-up** is to position your hands shoulder-width apart, or a little bit wider. As you bend your elbows and lower toward the ground, your elbows should be at about a 45-degree angle to your body,

If you have never tried a press-up or you have tried but feel that it is an exercise beyond your current strength ability, there are several modified press-up forms to get you going

## Stage 1 : **WALL PRESS UPS**



Doing a standing press-up against the wall is a good starting place if you're new to this move. By standing, you put less pressure on your joints.

- With your feet shoulder-width apart, stand about an arm's length away from a wall.
- Place your palms on the wall as you lean forward into a standing plank position. Your arms should be shoulder height and shoulder-width apart.
- Inhale as you bend your elbows and slowly move your upper body toward the wall while keeping your feet flat on the ground.
- Hold this position for a second or two.
- Exhale and use your arms to push your body slowly back to your starting position.

## Stage 2 : INCLINE PRESS UPS



You'll need a stable surface on which to place your hands.

- Place your hands on the edge of the elevated surface. A bench, step, or other sturdy platform are good options.
- Step your feet back so your legs are straight and your arms are perpendicular to your body.
- Inhale as you slowly lower your chest to the edge of your platform.
- Pause for a second.
- Exhale as you push back to your starting position with your arms fully extended.

## Stage 3 : KNEELING PRESS UP



Balancing on your knees instead of your feet

- Begin in a hands and knees position with your gaze at the floor.
- Place your hands on the ground on either side of your shoulders. Your knees should be at a comfortable distance apart.
- Inhale as you slowly lower your elbows to bring your chest toward the ground. Be sure to keep your core muscles contracted.
- Pause for a second in the lowered position — your chin may lightly touch the ground.
- Exhale as you push up from the ground to your starting position.

## Stage 4 : **NEGATIVE PRESS UP**



Balancing in Plank position engage core

- Assume a standard push-up position on your toes with hands placed slightly wider than shoulder-width apart.
- Begin exercise by slowly lowering yourself down, while keeping your body in straight line.
- As your body and chest come very close to the ground, drop your knees to the ground and push up from the down position.
- To complete another push-up, simply repeat steps 1-3.

## Stage 5 : **STANDARD PRESS - UP**



Fully extending your legs increases the difficulty of this move by adding more body weight.

- Begin with your chest and stomach flat on the floor. Your legs should be straight out behind you and your palms should be at chest level with the arms bent out at a 45-degree angle.
- Exhale as you push from your hands and heels, bringing your torso, chest, and thighs off the ground.
- Pause for a second in the plank position — keep your core engaged.
- Inhale as you slowly lower back to your starting position.

## 4 week to a full press up workout sheet :

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	1 set x 10 wall press-ups	1set x 10 wall press-ups	2 sets x 10 wall press ups	2 sets x 10 wall press ups	3 sets x 10 wall press ups	3 sets x 10 wall press ups	1 set x 10 incline press ups
Week 2	1 set x 10 incline press ups	2 sets x 10 incline press up s	3 sets x 10 incline press ups	3 sets x 10 incline press ups	1 set x 10 kneeling press ups	2 sets x 10 kneeling press up s	2 sets x 10 kneeling press ups
Week 3	3 sets x 10 kneeling press ups	1 sets x 10 negative press ups	1 set x 10 negative press ups	2 sets x 10 negative press ups	2 sets x 10 negative press ups	2 sets x 10 negative press ups	3 sets x 10 negative press ups
Week 4	1 sets x 10 negative press ups 1 sets x 10 full press ups	1 sets x 10 negative press ups 1 sets x 10 full press ups	1 sets x 10 negative press ups 1 sets x 10 full press ups	2 sets x 10 full press ups	2 sets x 10 full press ups	3 sets x 10 full press ups	3 sets x 10 full press ups

N.B - If you can easily perform with good form the wall press ups during week 1, start from week 2 and start with incline press ups.

Record and share your progress on instagram with hashtag #committopress #committobefit and tag @corps\_fitness\_claire

## ADDITIONAL EXERCISE & ASSISTANCE

To assist with the press ups, you can work on your chest and shoulder with this gym program that targets press up muscles.

EXERCISE	SETS	REPS	REST
Overhead Dumb-bell Press	3 sets	12 reps	30s between each set
Dumb-bell chest fly	3 sets	10 reps	30s between each set
Lateral Raise	3 set	10 reps	45s between each set
Front Raise	3 sets	12 reps	30s between each set
Tricep Dips	3 sets	15 reps	45s between each set
Deadbugs	4 sets	20 reps	30s rest between each set
Plank	3 sets	60s	30s between each set

All exercises can be found on YouTube, you will require dumbbells or resistance bands