



ALTERNATIVE EXERCISE GUIDE

Whilst we love our push-ups, we understand they aren't for everyone. Here are some alternatives you might like to use. Always seek the help of a health professional before jumping in. Proudly partnering with Exercise and Sport Science Australia to deliver quality fitness content.

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AIR SQUATS

Exercise Instructions

- Place your feet shoulder width apart or whatever width is comfortable.
- Inhale, bend your knees and hips to lower your bum. The lower you go, the harder the workout.
- Exhale and stand up straight. This counts as "1 repetition".



EXERCISE ADVICE

Great for those with upper body issues, or less upper body strength, looking for a demanding lower body exercise alternative.



RESISTANCE BAND PUSH

Exercise Instructions

- Sitting with resistance band around the back of your chair.
- Thread the band under your armpits, and hook the handles around your thumbs (if no, handles, just grip the end).
- Push the handles out in front, like you're doing a push-up, and return to your chest.
- Feel free to change the level of resistance band, or replace with light weights.



EXERCISE ADVICE

Great for those unable to stand.

AIR PUNCHES /BOXING

Exercise Instructions

- Seated or standing.
- Hold your hands in fists close to your chest.
- Extend one arm at a time 'punching' the air.
- Complete in an alternating fashion with both or one arm. One repetition is counted as one punch each side (two punches).
- Want to make it harder? Try punching upwards or hold onto a light weight.



EXERCISE ADVICE

- Great for those unable to stand.
- Great for those looking for a lower impact, high exertion alternative to push-ups.

COBRA

Exercise Instructions

- Lay on your stomach, with legs stretched out behind you.
- Place your hands underneath your shoulders.
- Press your hands into the ground to lift your upper body, keeping your lower body touching the ground.
- Lower your upper body, and repeat.



EXERCISE ADVICE

Great for those stretching your abdominals and strengthening your back, shoulders, and triceps.

DOLPHIN

Exercise Instructions

- Start in a low plank position, with your forearms and hands flat on the ground, elbows under shoulders, balancing on the balls of your feet.
- Raise your hips until you create an inverted V (like the downward dog stance).
- Take two breaths at this position before returning to the low plank position.



EXERCISE ADVICE

Great for those strengthening your triceps, shoulder and core muscles. Also a good exercise if you have pain in your wrists.

COMMANDOS

Exercise Instructions

- Start in a high plank position, place your hands underneath your shoulders, spine neutral and balance on the balls of your feet.
- Drop to your forearms by lowering one arm at a time, then push back to your hands.
- Keep your core engaged, hips level, and spine neutral.



EXERCISE ADVICE

To make this easier, try it on your knees.

TRICEP DIPS

Exercise Instructions

- Find a stable surface to complete the dips (like a chair).
- Sitting on the edge of the bench with your knees at 90 degrees and put your hands either side of your butt (with your fingers facing forward).
- Keeping a straight back, bend your elbows and lower your body towards the floor.
- Press through your hands to raise your body back to the starting position.



EXERCISE ADVICE

Taking your feet further away from the bench will make these harder.

STEP UP

Exercise Instructions

- Start by standing behind a bench or step. Step up with the right foot, pressing through the heel to straighten your right leg.
- Bring the left foot to meet your right foot on top of the step.
- Bend your right knee and step back down with the left foot.
- Bring the right foot down to meet the left foot on the ground.
- Repeat movement by alternating the leading leg.



EXERCISE ADVICE

The higher the bench, the harder it will be.

SIT-UP

Exercise Instructions

- Start lying down on your back with your arms by your side, keep your knees bent, and your back and feet flat on the mat.
- Slowly reach your arms forward, lift your torso and sit up.
- Return to the starting position by rolling down one vertebra at a time.





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