



# HOW TO PUSH-UP GUIDE

Always seek the help of a health professional before jumping in. Proudly partnering with Exercise and Sport Science Australia to deliver quality fitness content.



# CLASSIC PUSH-UP

## Exercise Instructions

Position your body with your arms straight out, shoulder width apart, abs tight, holding your body until your chest is a few centimetres above the floor, elbows pulling back at roughly a 45 degree angle.

Push your torso away from the ground until your arms lock, then repeat.





# INCLINE PUSH-UP

## Exercise Instructions

Stand facing an elevated platform, chair, table or couch.

Place hands on edge, slightly wider than shoulder width.

Position your feet together with arms and body straight.

Arms should be perpendicular to your body. Lower your body slowly until your chest is inline with your hands.

Push your body up until arms are extended. Repeat.



# KNEE PUSH-UP

## Exercise Instructions

Bend knees and raise body off the floor by extending your arms.

Keeping your body straight and knees bent, lower your body to the floor by bending your arms.

Push your body up until your arms are extended. Repeat.





# WALL PUSH-UP

## Exercise Instructions

Stand with your feet together 2-3 feet from a wall. Place your hands flat on the wall at the level of your shoulders.

Bend your arms at the elbows to your lower body towards the wall until your head touches the wall.

Raise your body back up by straightening your arms.



# KNEELING CANTILEVER

## Exercise Instructions

This variation can be done with a friend or heavy object around the home.

Start kneeling on the ground, with your feet under (or either side) of a heavy object.

Try to push against the object/person.

Keep your spine in a neutral position, lower your body toward the ground and push up back to the starting position.





Proudly supporting



PUSH  
FOR BETTER  
Foundation



**#PUSHFORBETTER**

[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)