

Pushup Progressions

Everyone knows what a pushup is, but whether you can actually do it is the real question. Increase your upper body strength by taking small, graduated steps!

How the progressions work

Start with step #1 and move down the list. Once you can perform this technique comfortably with no signs of weakness in the body, proceed onto the next progression!

1. Wall Pushup

If you're just starting out, begin with this one! With your feet planted on the floor, lean forward and put them at a comfortable incline where their extended arms are perpendicular to their torso. Pushups should be performed with the correct posture. This will also help you get used to the pushup motion.

2. Incline Pushup

Just like the wall pushup, but the less steep angle will have you working a little harder. Grasp the edge of a solid flat table surface, and assume the pushup position with your arms perpendicular to your torso. The more you lean forward, the tougher the exercise will be.



3. Pushup

Now you're ready for the basic pushup! Assume the pushup position with both hands and feet flat on the floor. Make sure your bum isn't in the air, back straight and elbows close to the body. Also ensure the client holds the push up position for a few second before extending the arms.

4. Decline Pushup

Go above and beyond! Assume the pushup position, but with your feet elevated on a bench and hands on the floor. Keep your core tight and use the same form as though you are performing a flat push up.

Feeling shaky? Widen your foot position to increase your base of support!

5. Diamond Pushup

Another advanced move! It's a regular pushup, but instead of having your hands shoulder width or slightly farther apart, place them together so the thumbs and index fingers create a diamond. This pushup specifically targets the triceps, which are often forgotten when we train the biceps during exercise.

Reference: <http://www.startbodyweight.com/p/push-up-progression.html>

Image: <http://www.popsugar.com.au/fitness/WorkoutChallenge-How-do-50-Push-Ups-4-Weeks-32509461>