



**RED POINT**

## Press Up Guide

Ensure you have warmed up before any exercise

Check out the accompanying video to this guide [here](#)

### Perfect Form

- 1. Hands** - On the ground, set your hands slightly wider than your shoulders, in line with your chest. Position your hands in a comfortable position, try fingers pointing forwards and slightly spread, hands flat on the ground. (if your wrists hurt in this position then speak to a coach for some other suggestions)
- 2. Feet** - Your feet should be positioned to keep you in balance, generally speaking the further apart your feet the more stable your body should feel.
- 3. Straight Line** - Think of a straight line connecting the top of your head and your feet, your bum shouldn't be sticking up. Keep this straight line as you perform the press up.
- 4. Engage** - To keep your body straight, tense your core and clench your bum. Engage your shoulders, try not to keep your shoulders in a shrugged position.
- 5. Neck** - Keep your neck in a neutral position. Imagine you have a ball under your chin, your chin shouldn't be touching your chest or be looking forwards. Focus on keeping a straight line through your body.
- 6. Support Your Weight** - At the top push up position your arms should be supporting your weight. Once you are in this position you are ready to start.
- 7. Elbows** - Note when you're doing a push up your elbows should be tucked in. When looking down on your body your elbows should form an arrow shape not a T shape with your body.

### Press Up Progression

**Your goal is to do 4 sets of 5 reps (2- 3 mins rest between sets).**

Do this with perfect form in Level 1, then move to Level 2 and so on.

Whatever level you pick, you may not be able to complete the goal straight away. So you can start with 4 sets of 3 reps (total 12 pull ups, or press ups, etc).

Each session try to add in one more rep somewhere, anywhere in your session. That way you challenge your body to get that little bit stronger each week.

Remember you get stronger on your rest days. Doing any exercise makes your muscles weaker, as they get tired and "beat up". But your body is magic. While you sleep and the following day it will use all the food you eat to repair them better and stronger than they were before..... Isn't that amazing!



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## **Level 1 - Wall Push Ups**

Use the press up form but against a wall. Walk your feet back until your arms are straight and supporting your weight. Keeping your form lower your body to the wall and push back into the starting position

## **Level 2 - Elevated Push Ups**

Use the press up form but leading against a box/bar/the stairs at home (an object which can support your weight). Keep your press up form and lower your chest to touch the support, push back into the starting position

## **Level 3 - Knee Push Ups**

Use the press up form on the ground but using your knees for support rather than your feet. Keep your form and lower your body until your chin is touching the ground then push back into your starting position.

## **Level 4 - Regular Push Ups**

The regular push up, keep your form!

## **Press Up Variations**

Once you can complete 4 sets of 10 push ups (2 mins rest), keeping perfect form and without too much effort then it's time to mix things up with some variations. All the push up variations use the same form as a regular push up.

### **Diamond Push Ups**

Place your hands together to form a diamond shape on the ground between your thumbs and index fingers. Keep your elbows tucked in.

### **Wide Set Push Ups**

Keep your hands further than shoulder width apart, do not turn your elbows out.

### **Raised Leg Push Ups**

Using a box or another stable object place your feet higher than your hands. For an added challenge try using an unstable surface, for example a balance board, yoga ball or the TRX straps.

### **Side to Side Push Ups**

In the normal push up position lower your body to one side, your chest your be in line with your hand when low to the ground, then slide your chest to the other hand and push back up to your starting position. Your chest should not touch the ground when moving across.



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## **Archer Push Ups**

Keep one arm in the normal press up position but with the other arm place it out at a 90 degree angle to your body with your fingers facing the side and your arm straight. Using mainly your bent arm lower your body and push back to the start position. Remember to do one rep with each arm.

## **Explosive Push Ups**

The same as a regular push up but push back up as quickly as you can try to lift your arms from the ground at the peak of your push up. Be really careful you don't fall or hit your head doing these push ups.

## **One Legged Push Ups**

In the regular push up position place one foot on top of the other. This should case your body to be less stable and force your to keep your core engaged.

## **Inside Flag Push Ups**

Use the regular push up starting position but as you lower then place your leg under your body in an inside flag position. Remember to use both legs.

## **Leg Lift Push Ups**

Use the regular push up starting position but as you lower then bring your leg in wards, try and touch your knee to your elbow. Push up back to the starting position. Don't forget to use both legs