

DO PUSHUPS!

The task is to perform one of the most basic and common strengthening exercises - THE PUSHUPS.

The main advantage of this exercise is the fact that you can perform it almost anywhere and it does not require any special equipment. Pushups are one of the most effective exercises requiring only your bodyweight and strengthening the muscles of the upper-body:

- chest muscles
- arm muscles
- dorsal muscles (when the proper balance is kept)
- abdomen muscles
- gluteus muscles (basically the muscles stabilizing your spine and responsible for keeping the correct posture of the whole body).

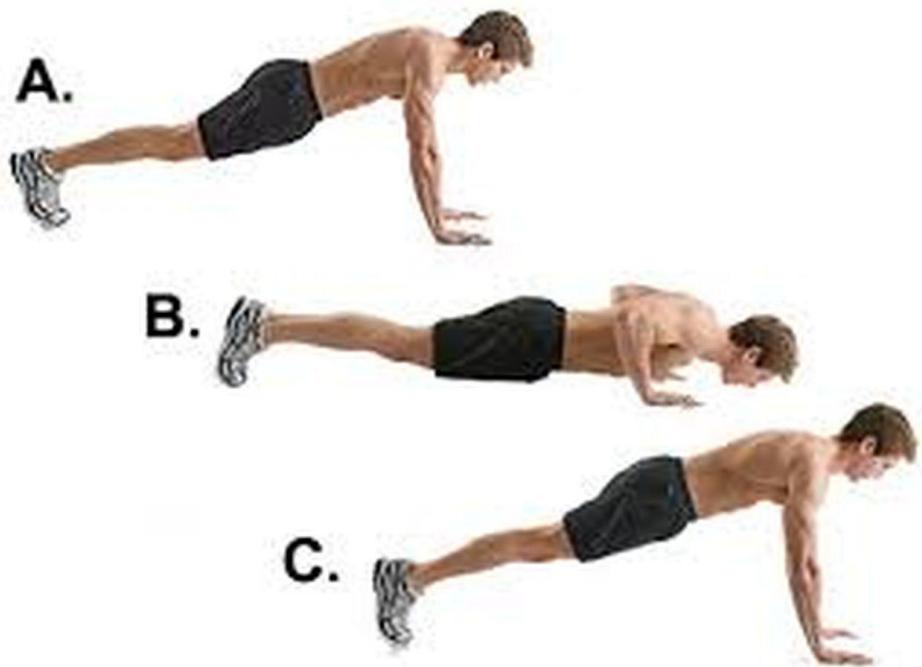
You can do the pushups in different versions suitable for your physical fitness level.

Start positions of the classic version (see the picture below) is THE PLANK:

- hands forward, little wider than shoulders
- the shoulders above hands
- your neck is long, you should look down
- shoulder blades close to the spine
- feet close together or small distance between them
- abdominal and gluteus muscles are strained

Technique of THE PUSHUPS:

- bend your elbows (gradually outside) and take a breath
- keep your body near the ground, your spine is straight- do not bend your back
- straighten your elbows and breathe out - you are now in the starting position
- every single repetition lasts about 2-3 seconds



Gradation of difficulty:

- put your hands on the wall - increase the difficulty by increasing the distance of your feet from the wall
- put your hands on the high piece of furniture - for example a table -increase the difficulty by using lower objects
- put your hands and knees on the ground - increase the difficulty by moving your knees further
- **classic version** - see the picture above
- extra versions, more complicated - it depends on your own imagination ;)

Your training:

- always do a few minutes long warm-up (your shoulders and arms: circulatory movements, swings, twists)
- at first do the most simply version of the pushups
- do 3 sets, each set of (for example) 15 repetitions or you can do each set as long as you can keep the proper repetition
- increase the difficulty gradually- for example. in the next training do more repetitions or do next level of the exercise
- train every 2 to 3 days

Watch a movie showing the correct way to do the exercise in different versions:

<https://www.youtube.com/watch?v=PzDm8EhMoR4>

GOOD LUCK!