

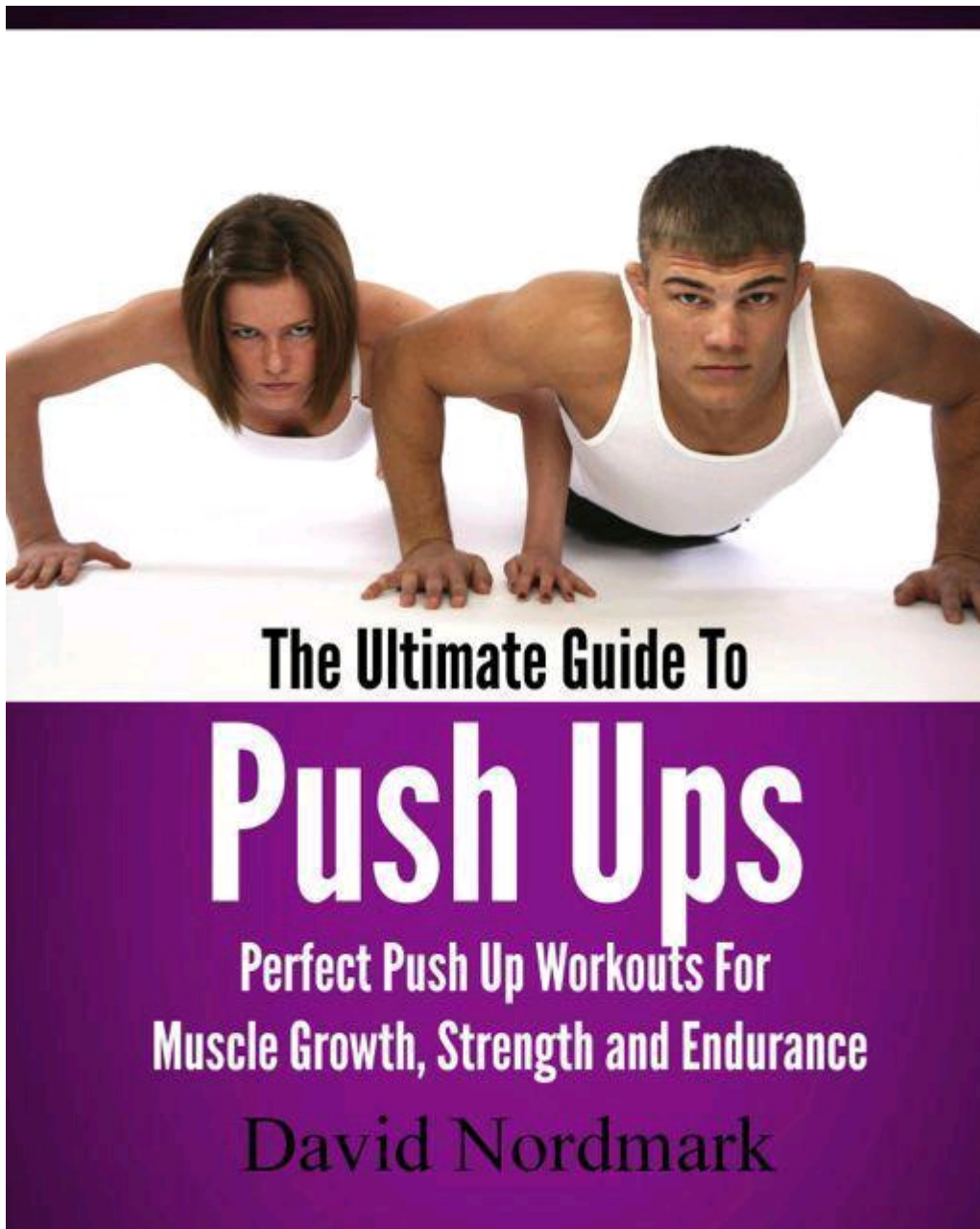


The Ultimate Guide To

Push Ups

Perfect Push Up Workouts For
Muscle Growth, Strength and Endurance

David Nordmark



Mantesh

The Ultimate Guide To Push Ups – Perfect Push Up Workouts For Muscle Growth, Strength And Endurance

By David Nordmark

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[**The Benefits Of Push Up Workouts**](#)

To many people (including myself) push up workouts are one of the best exercises in order to achieve

muscle growth while simultaneously building strength and endurance. People all over the world and

throughout the ages have reaped the benefits of performing push ups in their many variations. It has

survived the ages of iron, Nautilus and Cybex machines in the modern world and will continue to do

so in the future. Why is this? Aside from the fact that push ups are extremely convenient to do (no special equipment needed) they are incredibly effective. Let's look at why this is.

First of all push ups work your entire body as a unit. By this I mean they force your muscles to work

together and to become stronger in relation to each other. Let's say your triceps are relatively weaker

as compared to your chest, deltoids and back. When you perform a push up workout which bodypart

is really going to feel it? That's right, your triceps. Without you having to do anything your triceps are

going to be getting stronger until they reach a parity with the rest of your body. From there your body

will get stronger evenly as nature intended.

I truly believe that this idea of developing your muscles evenly is vitally important in building real

strength and endurance while avoiding injury. This point really hit home for me when I was taking Judo. Despite the fact that I was weightlifting at the time I was constantly getting injured.

What was

going on? What I know now but didn't know then was that my muscles were seriously out of sync.

The weightlifting I was doing was all primarily isolation movements of one kind or another. They gave me a nice "look" but were actually quite useless when I actually had to do something for real. I

guess it all depends on what you want. Do you want to look strong or do you really want to *be* strong?

Another reason push ups are so effective is that they utilize the three types of muscle- building resistance in order to achieve muscle growth. These are concentric (muscle is stimulated to contract),

eccentric (muscle elongates due to the contraction of another muscle) and isometric (The muscle attempts to contract but does not actually change its length). By utilizing all three simultaneously great

strength and endurance can be built extremely quickly.

Push up workouts also help to improve your reaction time by helping to train your proprioceptive muscle fibers. These fibers are the microscopic nerves that keep your body balanced. When you hold

a push up position these nerves are firing constantly in an effort to keep your body from tipping over.

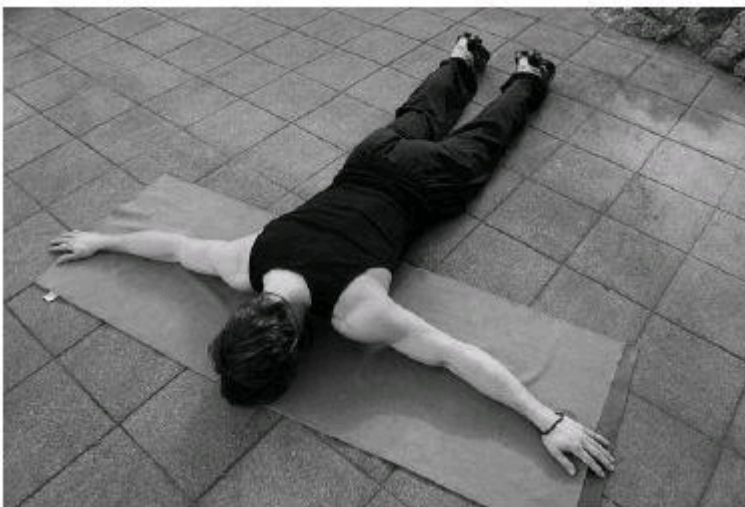
This trains them to respond more quickly to stimulation which will aide your balance and speed.

Another fantastic feature of push ups is that as a high rep exercise it encourages superior blood flow.

When you work your muscles you will often start to feel soreness and discomfort due to the buildup

of lactic acid. By encouraging blood flow pushups actually help minimize this effect as it will flush out those areas.

From all of the above I think you can begin to understand why push ups have withstood the test of time and are one of the most effective exercises you can do.



How To Perform A Perfect Push Up

In this book I will often be referring to what is called the 90/90 push up position. This is the basic position from which a perfect push up in terms of technique can be performed. The name refers to the angle of the upper arm in relation to the lower arm and chest. Below is a description of how to get

into a 90/90 push up position so that you can perform a perfect push up.

Begin by lying face down on the floor with your feet between two and six inches apart.

Stretch out your arms at a 90-degree angle from your body.

Bend your elbows at a 90-degree angle as well.



Rotate your arms at the shoulder so that your palms move to the same spot where your elbows used to rest. You are now in the starting position to perform a perfect push up.

Press your body off the ground. As you do so make sure you keep your abdominal and glute muscles tight while keeping your back straight.

Lower yourself to the ground.

Perfect Push Up Pointers

Do not rush the pushup movement. Use 2 seconds to press yourself up and 2 seconds to lower

yourself down. This is actually another one of the benefits of push ups in that with weights, you can

let gravity lower the weight for you; whereas, you can't really do that with pushups lest you risk smashing your face into the ground. :)

Endeavor to keep your back straight throughout the movement. Imagine there is a straight rod resting

on your back. You will want this rod to be touching the back of your head, upper back, butt and ankles

at all times.

Keep you head facing the floor. Do not turn your head in any direction as this can risk a muscle spasm.

Rest your legs on the balls of your feet and not the toes. Trying to rise up onto your toes can damage your joints.

You may want to place a folded towel under your chest and touch it when you lower yourself to the

floor. Again, it's not actually necessary to touch your chest to the floor.

If you feel pain or discomfort in your wrists, try putting your hands into a fist with the knuckles on the

ground. Use towels to pad the knuckles if you are on a hard surface.

If you feel pain or discomfort in your elbows, try bringing your elbows and upper arms in as close to your sides as you can.

Always remember that there are many ways to perform push up workouts but really only one way to

do them incorrectly and that is, if you feel pain. By pain I do not mean the discomfort you might feel

from muscle fatigue. Rather, I am talking about pain in your joints. If you do experience this kind of

pain, I suggest you experiment with different hand/arm positions as listed above or simply take a break. Never push yourself through joint pain as you will risk injury.

Push Ups For Strength And Endurance

You can approach pushup training anyway you want. However if you are a complete beginner I would

recommend the following. Pick any of the pushup variations that follow and perform 3 sets doing as

many as you can once a week. After a couple of weeks you will want to increase the frequency from

once a week to 3 times a week. From there as you get better you can simply change the pushup variations you are doing in order to increase the difficulty as well as for variety's sake. For most people this is plenty and if you do this you will find your strength and general health improving dramatically. Having said that there are many people who want to achieve a goal - a goal that will set

them apart from the crowd. And what is that goal? To be able to perform 100 pushups in a row.

Training For 100 Push Ups

Being able to perform 100 push ups in a row is a tremendous accomplishment. Most people out there,

even when they're in shape, can barely perform 30, much less 100. The reasons for wanting to get to

the 100 push up level are many. Some people need to perform a certain number of push ups as a requirement for getting a black belt in a martial art they are taking. Others may need it to pass a certain minimal requirement to get into the Army, Navy, Marines, police or some kind of elite special

forces unit. For still others there, is no outside reason for doing it. Rather, the desire comes from the

inner satisfaction of setting a goal and accomplishing it - being able to do something that few can.

Whatever the reasons, setting a 100-pushup goal for yourself is a worthy one. But having set this goal

how do you achieve it? What is the roadmap?

Double Max Method

From my experience, one of the quickest ways to achieve your goal of 100 consecutive push ups is

what I call the "double max" method. It is incredibly simple to understand yet very effective. In order

to employ this training strategy, you need to perform 4 sets of push ups at least 3 times week. Here's

how the double max method works.

First of all, perform as many push ups as you can without taking a break. This will be your "max baseline" for the week. Now what you do is take that number, double it, and divide it by 3. These numbers become the maximum number of reps for your next three sets. Let me illustrate this technique

with some real numbers.

Set One - You pick the "Classic" push up as your pushup variation and perform as many as you can at

once. As you are just a beginner, the maximum number you can achieve is 10. Ten is now the maximum number of reps you are going to be performing at all for this week.

Set Two - Doubling 10 makes 20. Dividing 20 by 3 gives us a number of 6.6. You only want to deal

with round numbers so you make the next set 7.

Set Three - You perform 7 again.

Set Four - You perform 6. See how this works? $7 + 7 + 6 = 20$. (Sorry about the math. Maybe I should

have put a warning in the front of the book?)

Let me illustrate this further by showing you a sample double max push up program for 3 weeks.

Week 1

Set 1 - 10 push ups

Set 2 - 7 push ups

Set 3 - 7 push ups

Set 4 - 6 push ups

This workout is performed 3 times this week.

Week 2

Set 1 - 14 push ups (new max for the week)

Set 2 - 10 push ups

Set 3 - 9 push ups

Set 4 - 9 push ups

This workout is performed 3 times this week.

Week 3

Set 1 - 20 push ups (new max for the week)

Set 2 - 14 push ups

Set 3 - 13 push ups

Set 4 - 13 push ups

This workout is performed 3 times this week.

There is one final wrinkle in the Double Max Method. Once your weekly max passes 33 the total number of the 4 sets will exceed 100. As your goal is to be able to perform 100 pushups

consecutively you can now start to lower the number of reps and sets you are doing. Here are some examples of what I mean by this:

Week 1

Set 1 - 40 push ups (new weekly max)

Set 2 - 27 push ups

Set 3 - 27 push ups

Set 4 - 6 push ups - Only 6 pushups need to be performed here as $40 + 27 + 27 + 6 = 100$.

This workout is performed 3 times this week.

Week 2

Set 1 - 50 pushups (new weekly max)

Set 2 - 33 pushups

Set 3 - 27 pushups

Set 4 - ELIMINATED - No need to perform as first 3 sets equal ultimate goal of 100

This workout is performed 3 times this week.

Week 3

Set 1 - 60 pushups (new weekly max)

Set 2 - 40 pushups

Set 3 - ELIMINATED - No need to perform as first 2 sets equal ultimate goal of 100

Set 4 - ELIMINATED - No need to perform as first 2 sets equal ultimate goal of 100

By moving forward in this manner you will keep reducing the number of sets and reps until you reach

your goal of performing 100 push ups consecutively. Of course if you wish, you don't have to reduce

the number of sets or reps at all. The legendary Jack La Lanne could perform over 1000 push ups in

an hour. Perhaps this could be a goal for you? Plus once you reach 1000 push ups it will be time for *you* to write a book on push ups!

Other Important Points

One factor that many people ignore when adopting a more healthy lifestyle is simply getting enough sleep. This is particularly true if you are following an exercise program of some kind. The longer and better you sleep, the stronger you will be. If you are only sleeping 6 hours a night try sleeping 7 or 8 hours instead. Often making such a change can cause dramatic improvements in your strength and performance.

This is actually the secret of many Olympic and professional athletes. When you are following an intense fitness program you are going to need more sleep to recover and rebuild your muscles.

Kenyan runners (who are among the best in the world) will often spend 18 hours a day sleeping and resting in order to build up their strength.

I'll also note here that the double max method I outlined above can be used for any exercise in which you want to increase the number you can do in a row. Pullups, squats, curls, chin ups, etc. you name it. Try it and see for yourself.

Beginner Push Ups

Classic floor push ups are actually quite difficult. It can be embarrassing if you can't even do one!

These beginner push ups are all designed to strengthen your body so that it's possible to perform the classic floor push up.



Leg-assisted Wall Push Ups

1. Stand close to a flat wall and place your palms flat on the wall in front of you.
2. Keeping your elbows close to your body, bend your arms so that you bring your chest to the wall.

Keep your back straight at all times.

3. Bring one foot forward. This leg will now be bent and can be used to assist with the pushup. The second leg will be straight behind you.
4. Inhale through your nose as you lower your body to the wall. Exhale as you press up with your arms.

Additional Notes

You may want to alternate between which foot is forward to balance things out.



Wall Push Ups

1. Stand close to a flat wall and place your palms flat on the wall in front of you.
2. Keeping your elbows close to your body, bend your arms so that you bring your chest to the wall.

Keep your back straight at all times.

3. Inhale through your nose as you lower your body to the wall. Exhale as you press up with your

arms.



One-Arm Wall Push Ups

1. Stand facing 2 to 4 feet from a wall with your feet together.
2. Lean forward and place one of your hands on the wall. Your other hand will remain by your side.
3. Bend your elbow so that your face comes close to the wall and then press back up. Keep your hips square.

Additional Notes

As always, you will have to determine the correct distance for your ability. Moving your feet closer

to the wall makes the exercise easier, while moving them further away makes it more difficult.

Plyo Wall Push Ups

1. Stand facing 2 to 4 feet from a wall with your feet together. Raise your arms so that your palms are

facing the wall. Note that they should not be *touching* the wall.

2. Keeping your back straight, start to lean forward so that your palms make contact with the wall.

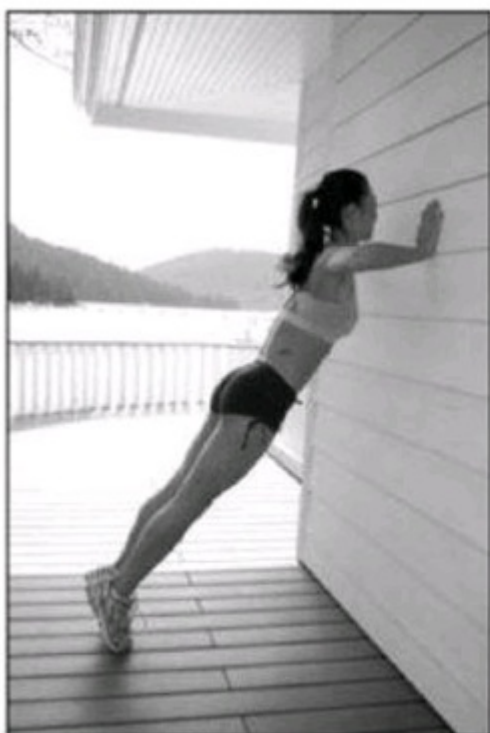
Start bending your elbows so that your face comes close to the wall.

3. Explosively press back so that you return to the starting position with your arms straight and your palms facing (but not touching) the wall.

Additional Notes

As always, you will have to determine the correct distance for your ability. Moving your feet closer

to the wall makes the exercise easier while moving them further away makes it more difficult.





Wall Corner Pushups

1. Stand with your back to the wall so that your feet are between 6 inches and 2 feet from the wall.
2. Raise your arms into the 90/90 pushup position. Your palms will be facing away from the wall into space with your arms parallel to the ground.
3. Press your elbows into the wall to move your body forward. Hold for 2 seconds then lower yourself back to the wall.



[Leg-Assisted Chair Push Ups](#)

1. Place a chair firmly against a wall. You will want the back of the chair to be close to you and not touching the wall.
2. Place one foot forward while stretching your opposite leg straight behind you.
3. Place your hands on the chair in front of you.
4. Inhale through your nose as you lower your body to the chair. Exhale as your press up.

Additional Notes

Try to keep your back as straight as possible.

Using the chair allows you to increase the angle at which you perform the pushup. The lower the back is the greater the workout will be.



Chair Push Ups (I)

1. Place a chair firmly against a wall. You will want the back of the chair to be close to you, not touching the wall.
2. Place your hands on the chair in front of you.
3. Inhale through your nose as you lower your body to the chair. Exhale as you press up.

Additional Notes

Your back and legs should be straight at all times.

The further your feet are from the chair the more intense the pushup will be.



Knee-Assisted Chair Push Ups

1. Place a chair firmly against a wall. The back of the chair should be against the wall.
2. Get down on your knees and place both hands on the chair in front of you.
3. Inhale through your nose as you lower your body to the chair. Exhale as you press up.

Additional Notes

The further you place your knees from the chair the harder the exercise will be.



[Chair Push Ups \(II\)](#)

1. Place the back of a chair firmly against a wall.
2. Place your hands on the chair in front of you and stretch out both legs behind you.
3. Inhale through your nose as you lower your body to the chair. Exhale as you press up.

Additional Notes

Your back and legs should be straight at all times.

The further your feet are from the chair, the more intense the pushup will be.



Box Push Ups

1. Kneel down on the floor with both your knee and hips at 90 degrees. The palms of your hands should be on the floor below your shoulders. You should look like a square box.
2. Keeping the rest of your body rigid inhale as you bend your arms at the elbows and lower yourself to the floor. Exhale as you press up.



Cobra Push Ups

1. Lie down on the floor and get your arms in the 90/90 perfect push up position.
2. Press up from the floor by straightening your elbows while keeping your legs on the ground. Keep your elbows close to your body, arch your back and look upward to the ceiling.
3. Pause at the top then lower yourself down.

Additional Notes

This pushup is very similar to some of the postures you'll see done in yoga. It is fantastic for relieving tension from the back.



Kneeling Push Ups

1. Lie down on the floor and get your arms in the 90/90 position.
2. Cross both of your ankles into the air, bending at the knees.
3. Exhale through your nose as you press up, inhale as you lower yourself to the floor.

Additional Notes

You can lower the intensity of this movement by bending at your waist so that your knees are closer to your hands. Remember to keep your back straight.



Negative Push Ups

1. Start in the “Up” position of the pushup. Make sure your abdominals and glutes are tight.
2. As slowly as you can, lower yourself to the floor so that you are actually lying on it.
3. Get back to the starting position but do not do it by pushing back up. Doing so would turn this into a full classic pushup. The exercise here is simply lowering yourself to the floor.



Combo Push Ups

1. Lie down on the floor and get your arms in the 90/90 position.
2. Cross both of your ankles into the air, bending at the knees.
3. Exhale through your nose as you press up.
4. Once you are at the top uncross your ankles and straighten your legs. You should now be in the full push up position. Inhale through your nose and lower yourself to the floor.
5. Once you are on the floor cross your ankles again and press up as a knee push up.

Additional Notes

This push up is meant for people who find full push ups too hard but knee push ups too easy. With this one you are lowering yourself with the full push up and pressing back up again in the kneeling push up.

Intermediate Push Ups

Intermediate push ups begin with the classic floor push up and move on from there. There are so many varieties of intermediate pushups that these should keep you busy for awhile.



Classic Floor Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 pushup position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

Remember to keep your back straight with your abdominals and glutes contracted at all times.

Lateral Twist Pushups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Press your body off the floor.
4. As you lower your body to the ground twist your torso to one side.
5. Press your body back off the floor and twist your torso in the opposite direction as you come up.
Your body will now be in the standard “Up” push up position.
6. Lower your body to the floor again but this time twist your torso in the opposite direction.
7. Press yourself back up, twisting in the opposite direction so that you return to the standard “Up”
push up position.

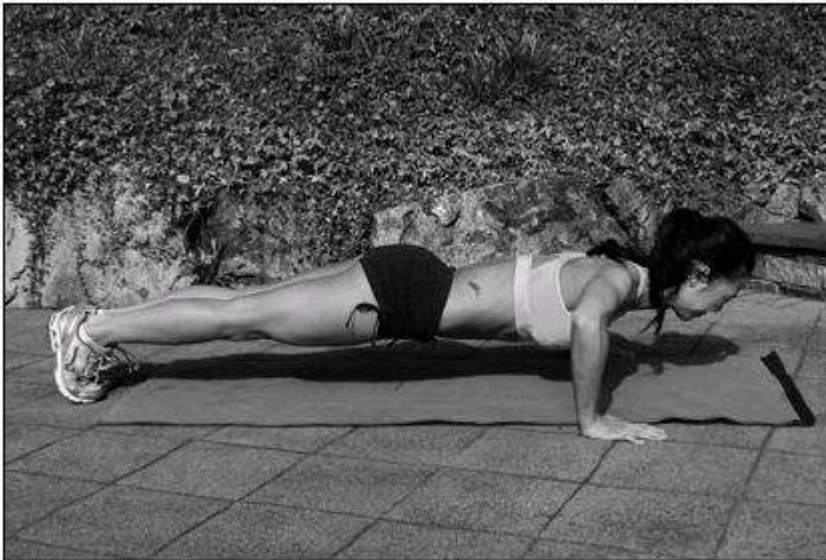
Additional Notes

This is a nice variation of the standard push up as it adds a stability challenge for your core, hips and shoulders.

Try varying the angles and speed of each twist for additional challenge.

You can also twist both ways going up and down once you have mastered the single twist version presented here.





Isometric Push Ups

1. Begin in the “Up” position of the push up.
2. Inhale through your nose as you lower yourself to the floor.
3. Hold this position for at least 7 seconds while you exhale through your clenched teeth. Keep your tongue on the roof of your mouth. You should be making a “Ssssss” sound as you do this.
4. Inhale again through your nose as you press yourself back up again.

Additional Notes

Holding the push up in the “Down” position turns it into an isometric exercise. You should feel this

along your entire body.

You can hold the down position for longer than 7 seconds if you wish. However you should come back up again and inhale as soon as you are out of breath.



Diamond Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position and press up.
3. Position your hands directly below the middle of your chest so that your thumbs and forefingers form a diamond shape.
4. Take a deep breath as you lower yourself to the floor.
5. Exhale through your nose as you press yourself up off the floor.



Single-Leg Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 pushup position while raising one foot slightly off the floor.
3. Take a deep breath in through your nose and then exhale as you press your body up off the floor, keeping one foot off the floor at all times.
4. Inhale through your nose as you lower yourself to the floor.



[Moving Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath in through your nose and then exhale as you press your body up off the floor.
4. In this “Up” position bring your right hand to your left hand, and then move your left hand back out again so that you are again in the 90/90 push up position.
5. Inhale through your nose as you lower yourself to the floor.
6. Press up again, except this time reverse the motion by bringing your left hand in towards your right

hand followed by moving your right hand back to the 90/90 push up position.



Shoulder-Tap Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath in through your nose and then exhale as you press yourself up off the floor.
4. At the top of the position bring one hand off the floor (maintaining your balance with the other) and tap your opposite shoulder.

5. Lower yourself to the floor and repeat with the opposite arm.



8-Count Push Ups

1. Squat down and place your hands on the ground outside of your feet.
2. Kick your feet back. You should now be in the “Up” position of the standard push up.
3. Bend your elbows until your upper arms are parallel to the ground.
4. Press your back up into the “Up” push up position.

5. Bend your elbows again until your upper arms are parallel to the ground.
6. Press yourself back up.
7. Tuck your knees back into the squat position.
8. Stand up.

Additional Notes

Keep your abdominals tight throughout the entire exercise to prevent your trunk from sagging.



[Table Maker Push Ups](#)

1. Sit down on the floor with your feet straight in front of you and your back perpendicular to the floor.

2. Put the palms of your hands on the floor. The fingers can either be pointing towards your toes or behind you.
3. Push your body forward until the soles of your feet are flat on the ground. Arch your hips and back and let your head fall backward.
4. Squeeze your butt tightly as you straighten your back as much as you can. Your arms and lower legs should now be at 90 degree angles to your body and upper legs. You should now resemble a table.
5. Hold yourself in this table position for a moment, then lower yourself back to the starting position.



[“Spider-Man” Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor. As you do so bring one knee up so that it touches your elbow.
5. Exhale and press yourself back up bringing your feet back together again.

6. Lower yourself and this time bring your opposite knee to your opposite elbow.



[Grasshopper Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor. As you do so kick one leg completely outside your body to the opposite side.

5. Exhale and press yourself back up bringing your feet back together again.

6. Lower yourself and this time kick your opposite leg out to the opposite side.



Push Ups Plus

1. Lie down with your stomach on the floor and your legs straight behind you.

2. Put your arms in the 90/90 push up position but then bring your hands in slightly closer together (1 or 2 palm widths).

3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.

As you reach the top though focus on really separating your shoulder blades at the top of the movement.

4. Inhale through your nose as you lower yourself to the floor. As you reach the bottom really focus on bringing your shoulder blades together.

Additional Notes

This exercise helps to promote flexibility in the shoulder blades.



[Staggered Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.

2. Put your arms in the 90/90 push up position but then position one of your palms so that it is slightly behind the other.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

You should do two sets of this push up so that you can stagger your hands in the opposite manner and balance the movement out.



“T” Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.

When you reach the top rotate your body to one side so that you bring one arm completely off the

floor. Your body will look like a “T” lying on its side.

4. Bring you arm back down and inhale through your nose as you lower yourself to the floor.
5. Press back up again but this time open up the “T” in the opposite direction.

Additional Notes

This exercise helps to promote flexibility in the shoulder blades.



“T” Abduction Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.

When you reach the top rotate your body to one side so that you bring one arm completely off the

floor. Your body will look like a “T” lying on its side.

4. This is the tricky part. Carefully abduct, or lift, the top leg off the floor. Stabilize yourself then return the leg back to the

floor.

5. Bring your arm back down and inhale through your nose as you lower yourself to the floor.

6. Press back up again but this time open up the “T” in the opposite direction.

Additional Notes

This is not an exercise for beginners. With only two points of contact you need a strong stable core to

perform this exercise. Without it you won't have control and you could possibly slip and fall.



[Elevated Uneven Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position. However this time put one of your palms on a raised surface like a stair or a phone book.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

These push ups put a little more emphasis on some of the side torso muscles.

These push ups should be repeated on the opposite side to even things out.



[45-Degree Wall Push Ups](#)

1. Place your feet on a wall, spaced apart at a width slightly wider than your shoulders. Try to keep your back as straight as possible.
2. Place your hands wider than shoulder width and slightly in front of your shoulders. The net result will be that your hands are more in line with your face.
3. Use your shoulder strength to keep your body pressed back into the wall so that your feet don't slip down.

4. Lower your body to the ground then press up again while maintaining some angle in the hips. Try to keep you legs and back straight at all times.

5. When finished drop one leg down to the floor, then the other.

Additional Notes

If this is too easy you can always increase the difficulty by placing your feet higher up on the wall. If

it is too hard start with the pike push up.



[Elbow Stabilization Push Ups](#)

1. Place your feet shoulder width apart with your forearms shoulder width apart and pointing

forward. Your elbows should be directly under your shoulders with your fingertips touching. Your

forearms should form a triangle. You should be resting on the balls of your feet-not your toes.

2. Keeping your back as straight as possible move your body forward as you bend your elbows and

bring your face close to your hands.

3. Push your body back to the starting position.

Additional Notes

It's harder than it looks to move your body forward slightly while maintaining a good plank position

with a neutral spine.



Side-Tap Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale as you press yourself up. When you reach the top, take one hand off the floor (keeping your balance with the other one) and tap your side with it.
4. Inhale through your nose as you lower yourself to the floor and repeat.



“L” Push Ups

1. Begin in the “Up” position of the classic push up.
2. Lower yourself to the ground. When you reach the “Down” position roll forward on your toes as you let your whole body travel forward.
3. Roll back on your toes so that you are back to the standard “Down” position.
4. Press yourself back up into the “Up” position of the classic push up.

Additional Notes

When done correctly your body will move in an “L” shape. Go straight down and then move straight forward before reversing direction.



Hand-Tap Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale as you press yourself up. When you reach the top take one hand off the floor (keeping your balance with the other one) and tap your opposite hand with it.

4. Inhale through your nose as you lower yourself to the floor and repeat the tap with the opposite hand.



Shuffle Push Ups

1. Place a phone book or similar object on the floor.
2. Lie down with your stomach on the floor and your legs straight behind you.
3. Put your arms in the 90/90 push up position - one hand on the book and the other on the floor.
4. Take a deep breath through your nose and then exhale as you press yourself up. When you reach the top, shuffle the hand that is on the floor to the top of the phone book while simultaneously bringing the hand from the book to the floor.

5. Inhale through your nose as you lower yourself to the floor and then repeat the shuffle back to the starting position.

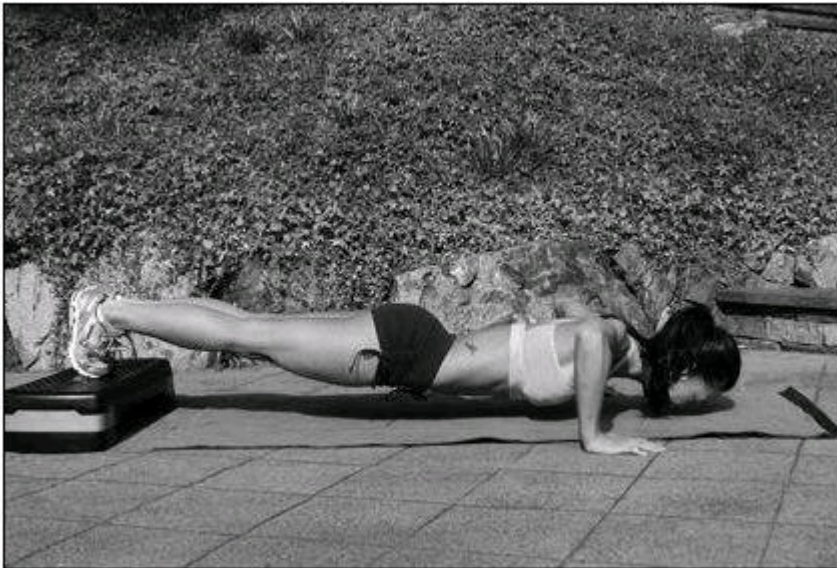


Walk-Out Push Ups

1. Stand with your feet together and your arms at your sides.
2. Bend your knees into a squat and place your hands in front of you.
3. Walk forward on your hands until you are in the push up position.
4. Perform a push up.
5. Walk backwards with you hands and return to the crouch position.
6. Stand and repeat.

Additional Notes

This is a great little exercise. By itself the pushup gives you a full body workout but the walk out adds a “mini bear crawl” into the mix.



[Elevated Push Ups](#)

1. Place both of your feet on a raised surface such as a chair or an ottoman.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale as you press yourself up.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

Always remember to keep your back straight by keeping your glutes and abdominals tight at all times.



Elevated One-Leg Push Ups

1. Place both of your feet on a raised surface such as a chair or an ottoman.
2. Put your arms in the 90/90 push up position.
3. Raise one leg off the surface. Keep this leg straight at all times.
4. Take a deep breath through your nose and then exhale as you press yourself up.
5. Inhale through your nose as you lower yourself to the floor.

Additional Notes

Always remember to keep your back straight by keeping your glutes and abdominals tight at all times.



Alligator Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale as you press yourself up. When you reach the top bring one hand forward.
4. Inhale through your nose as you lower yourself to the floor and then repeat bringing the opposite hand forward.

Additional Notes

As you walk your hands forward bring your feet forward slightly as well. In this way you'll move forward.

If you run out of space "alligator walking" forward, simply reverse the motion and walk backwards.



[Atlas Push Ups](#)

1. Place two chairs side by side about 18 inches apart.
2. Place each of your hands on the seat of the chairs with your arms straight. The rest of your body should be straight as well, extended towards the floor. This is the starting position.

3. Bend your elbows and lower yourself between the chairs as far as you can go.

4. Push yourself back up to the starting position. Breathe in as you lower yourself, breathe out as you push yourself back up.

Additional Notes

Atlas pushups were obviously popularized by the legendary Charles Atlas. They really work the arms, chest and back.



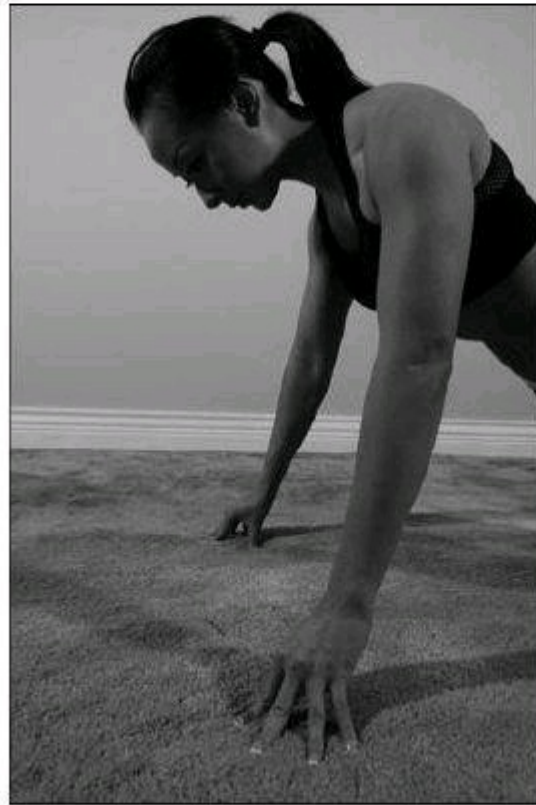
[Reverse Push Ups](#)

1. Lie down with your back on the floor. Bend your knees so that your feet are close to your butt and flat on the floor. Place your hands next to the top of your shoulders with your palms flat on the ground.
2. Push your body off the floor using your legs and arms. Straighten your arms as much as you can while simultaneously arching your back. The top of your head should be facing the floor.
3. Using your legs, drive your body backwards. Try and get your chest even with your arms.
4. Slowly lower yourself to the floor. You want your upper back to touch the floor first, not your head.

Additional Notes

Many people find it very difficult to do reverse push ups at first. If you cannot even get off the ground simply press as hard as you can for 10 seconds. This turns the push up into an isometric exercise.

Before you know it you'll be able to press your body off the ground.



Fingertip Push Ups

1. Lie down flat on the floor with your hands palm down by your shoulders. Balance on your fingertips instead of your palms.
2. Take a deep breath. As you exhale, pushup with your arms and your fingertips.
3. Inhale as you lower yourself, lightly touching your chest to the floor. Repeat as many times as you are able.

Additional Notes

Finger tip push ups give you all of the benefits of regular push ups while really building strength in

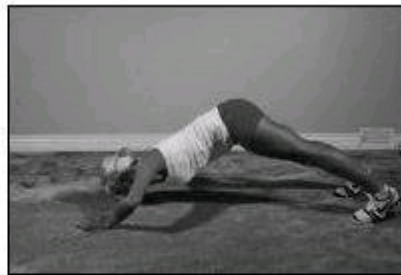
your fingers and forearms.

If your fingers are too weak to perform a single finger tip pushup, start by performing a wall push up

with your fingers. The further from the wall you are the more of a workout your fingers will get.

If you wish to make the exercise more challenging you can do this by removing fingers . So instead of

performing finger tip push ups on 5 fingers you can move to 4, then 3, etc.



[Hindu Push Ups](#)

1. To get in the ready position for this push up start in the up position of a regular pushup with your feet wider than shoulder width.

2. Walk your hands backward so that your butt is in the air. Your arms and legs should be straight and you should be looking back through your legs. From the side your body will look like an inverted “V”.
3. Start bending your elbows so that your body comes forward. Your hips will come toward the floor.
4. Before your head hits the floor start to arch your spine so that you are looking at the ceiling. Straighten your arms and exhale while you look at the ceiling.
5. Keep your arms straight and push your butt back into step 2 while inhaling.



Dive Bomber Push Ups

1. To get in the ready position for this push up start in the “Up” position of a regular push up with your feet wider than shoulder width.
2. Walk your hands backward so that your butt is in the air. Your arms and legs should be straight and you should be looking back through your legs. From the side your body will look like an inverted “V”.
3. Start bending your elbows so that your body comes forward. Your hips will come toward the floor.

4. Before your head hits the floor start to arch your spine so that you are looking at the ceiling.

Straighten your arms and exhale while you look at the ceiling.

5. Reverse this motion so that you come back to the starting position.

Additional Notes

This motion should be fluid. Imagine you are like a wave crashing into the shore.

This push up is very similar to the hindu push up. The only difference is that with the Dive Bomber

you reverse the motion while with the hindu you keep the arms straight and press your body back up.



Pike Push Ups

1. Assume the standard push up position with your feet together.
2. Walk your hands backwards towards your feet so that your body resembles an inverted “V”.
3. Bend your arms so that you lower your body to the floor.
4. Push back up to the starting position. Hold your body and head steady at all times.

Additional Notes

Pike push ups are a great intermediate step if you want to perform the full handstand push up.



Tiger Push Ups

1. Place your feet shoulder width apart against a wall with your hands in a narrow “Diamond” position under your forehead.
2. Press your hips and center your body up into an inverted or folded position, keeping your legs and back straight.
3. Keeping the rest of your body rigid bend your elbows so that you bring your forehead into the back of your hands.
4. Press yourself back up as you extend your arms.

Additional Notes

Tiger pushups are similar to pike push ups. If you find the tiger push up too difficult start with the pike.



[Creeping One-Armed Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale as you press yourself up. When you reach the top bring one hand forward slightly (about 1 or 2 palm lengths).
4. Inhale through your nose as you lower yourself to the floor.
5. Press up and again bring the same hand slightly forward.
6. Continue in this fashion. In this way your one arm will continually creep forward. When it has gone as far as it can “creep” it backwards until both arms are in the standard pushup position.

7. Repeat this motion using the opposite arm to creep forward.



[Side-to-Side Push Ups \(I\)](#)

1. Lie down with your stomach on the floor and your legs straight behind you.

2. Put your hands out face down on the ground with your fingers pointing outward from your body.

Your hands should be placed slightly wider than shoulder width apart.

3. Press your body up off the ground.

4. Breathe in through your nose as you extend one arm and come down on the other.

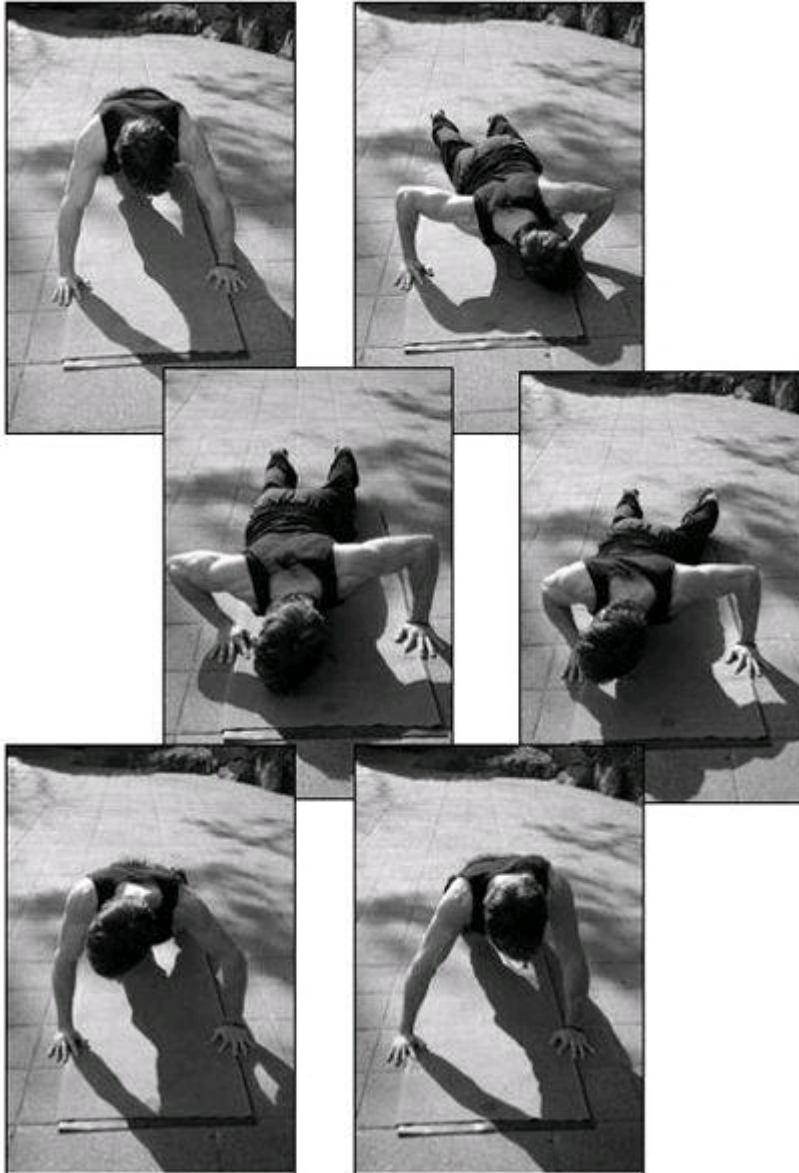
5. Exhale and come back to the neutral position as in #3.
6. Inhale and lean to the opposite side, extending the opposite arm while coming down on the other.



Side-to-Side Push Ups (II)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your hands out face down on the ground with your fingers pointing outward from your body.
Your hands should be slightly wider than shoulder width.
3. Press your body up off the ground.

4. Lower your body to the ground by extending one arm and come down on the other.
5. Keep your chest low to the ground as you straighten the one arm and bend the other.
6. Repeat with this back-and-forth motion.



[Clock Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Assume the “Up” push up position.
3. Inhale through your nose as you lower your body to the ground. Note that you will want to lower

yourself emphasizing one arm over the other. As you get closer to the ground bring your weight back to the center so that you assume the classic “Down” push up position.

4. Exhale as you start to press up. This time start to lean to the opposite side as you press up.

5. Do as many as you can before resting and repeating in the opposite direction.

Additional Notes

When performing this pushup your head should be moving in a circular motion much like a clock.

Make sure you reverse direction counter-clockwise to even things out.



[Bronco Push Ups](#)

1. Begin in the standard push up position with your feet straight behind you and your arms in the 90/90 position.
2. Press up slightly so that your chest is off the ground.
3. Explosively press up so that your hands come off the floor. At the same time bring your legs in so that you wind up in a bit of a temporary squat.
4. Bring your palms back down to the ground into the push up position while kicking your legs backward. Repeat.

Additional Notes

Done correctly, this whole motion should be quite smooth. It can be tough so take your time with it.



[Mountain Climber Push Ups](#)

1. Begin in the standard push up position with your feet straight behind you and your arms in the 90/90 position.
2. Exhale through your nose as you press your body off the ground.
3. From the “Up” pushup position jump your knees into your chest, then back out again.
4. Inhale through your nose as you lower your body to the ground.
5. Exhale through your nose as your repeat steps 2-4.

Additional Notes

This series of pushups can give you quite a cardio workout as well.



Alternating Knee Kickback Push Ups

1. Begin in the standard push up position with your feet straight behind you and your arms in the 90/90 position.
2. Exhale through your nose as you press your body off the ground.
3. From the “Up” push up position bring one knee into your chest and then put it back.
4. Inhale through your nose and lower your body to the ground.

5. Exhale through your nose as press your body back up again and then bring the opposite knee in towards your chest.



[Elevated Pike Push Ups](#)

1. Place your toes on a stable, elevated object like a chair. Assume a push up like position with your hands on the floor.
2. Walk your hands backward so that your legs and upper body are at right angles. Your body should now be perpendicular to the floor.
3. Lower your body towards the floor and then push back up again. Try to keep your body and head

steady as you do this. Inhale as you lower your body, exhale when you push up.



Raised “Spider-Man” Push Ups

1. Place your toes on a stable, elevated object like a chair or stairs. Assume a push up-like position with your palms on the floor below your shoulders and your arms straight.
2. Inhale through your nose as you lower your chest to the ground. Simultaneously bring one knee towards your elbow.
3. Exhale through your nose as you press up again and bring your leg back to the starting position.

4. Lower yourself to the ground again, but this time bring the opposite knee to your elbow.



Explosive Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and then exhale explosively as you press up as hard and as powerfully as you can. The goal is to press up so fast that your hands come off the floor.
4. Inhale through your nose as you lower yourself to the floor and repeat.



Explosive Staggered Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 pushup position. Then bring one hand slightly forward while placing the other one behind. Your hands should now be offset to one another.
3. Take a deep breath through your nose and then exhale forcefully as you explosively press yourself up. The goal is to press yourself up with such force that your hands come off the floor and you can

reverse your hand positions.

4. Inhale through your nose as you lower yourself to the floor and repeat.



Explosive Cross Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.

2. Put your arms in the 90/90 push up position.

3. Take a deep breath through your nose and then exhale forcefully as you explosively press yourself

up. The goal is to press yourself up with such force that your hands and feet come off the floor. You

will want to cross your wrists and widen your feet.

4. Without lowering your body spring your hands back to the “Up” push up position and bring your feet back together. Inhale as you lower yourself to the floor again.

Additional Notes

Each time you cross your hands you will want to reverse their positions. So left over right, right over left, etc.

Advanced Push Ups

If you feel you’ve mastered the intermediate push ups try these on for size. Do not attempt these without being fully comfortable with the intermediate push ups or you will risk injury.



Handstand Walkout With Push Ups

1. Assume an “Up” push up position with your feet touching the wall.
2. Walk your feet up the wall as you push back and walk your hands toward the wall.
3. You should now be in a handstand position with your chest facing the wall.
4. Walk your hands out and perform a push up.
5. Walk back to the handstand position.



One Leg In The Air Push Ups

1. Start in the “Up” push up position. Your feet are together and your hands are shoulder width apart.
2. Lift your left leg in the air and turn the weight off your body toward the right side. Look to the left as you lower your right side to the floor. Most of your weight should be on your right side. The left hand is really only being used for balance.
3. Push yourself back up to the starting “Up” push up position.
4. Repeat to the opposite side.

Additional Notes

This exercise will help you build the necessary strength to perform a one-armed push up.

Remember to inhale as you lower yourself to the floor and exhale as you come back up.

Backpack Push Ups

1. Fill a backup up with some weight. Bottles of water work fine. Put the backpack on firmly.
2. Lie down with your stomach on the floor and your legs straight behind you.
3. Put your arms in the 90/90 push up position.
4. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
5. Inhale through your nose as you lower yourself to the floor.

Additional Notes

The backpack you are using should have both waist and chest straps. You will want these done up tightly as you do not want the back back to be moving when you perform this exercise.

You will want the weight to be over your upper back and shoulders, not the lower back. I recommend

you stuff the back pack with towels first before you add the bottles of water. This will help keep the weight off your lower back.

A great step-down workout is to do one set with the weighted backpack. When you can't do any more

take the backpack off and perform the classic pushup. When this tires you out finish off with the kneeling pushup.

Remember to keep your back straight with your abdominals and glutes contracted at all times.





Hip Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position but this time swivel your arms back so that your elbows are close to your body near your waist.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

If you feel pain in your wrists, switch from the open palm to the fist position. You can use a towel if

you want to make it easier on your knuckles.

Remember to keep your back straight with your abdominals and glutes contracted at all times.

The closer your hands are to your hips the harder the exercise will be.



Squeeze Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position but for this pushup you must have your fists in the knuckle position.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.

The difference here is that as you press up you should simultaneously squeeze your chest muscles

together. Your fists should not move but you should tense your chest muscles in such a way as if you

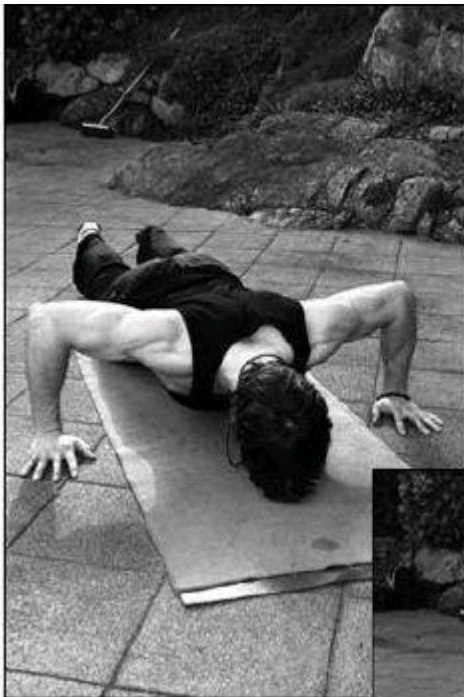
are bringing your fists together. This squeezing of your chest is almost isometric in nature.

4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

When you can't do any more you can finish them off by doing a drop set from your knees.

Remember to keep your back straight with your abdominals and glutes contracted at all times.



Wide Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position. Now move your hands further outward so that they are beyond your elbows.
3. Take a deep breath through your nose and then start to exhale as you press yourself up off the floor.
4. Inhale through your nose as you lower yourself to the floor.

Additional Notes

When you can't do any more you can finish them off by doing a drop set from your knees.

Remember to keep your back straight with your abdominals and glutes contracted at all times.

The further out you place your hands from your elbows, the more difficult this exercise will be.

If your wrists bother you at all put your hands into a fist and press up on your knuckles.

Handstand Push Ups

1. Place your hands on the floor about 18 inches from the wall.
2. Place your right knee under your chest.
3. Push up up with your left leg while you simultaneously kick up with your right. Try to touch the wall with your feet as softly as you can. You don't want to put a hole in your wall.
4. You should be in a reverse handstand position with your feet resting gently against the wall.
5. Bend your elbows and lower your body so that your nose approaches the ground. Ideally, you want to be looking at the floor the whole way down until you touch your forehead to the floor.
6. Go as far as you can, then reverse direction and push back up again.

Additional Notes

If you cannot even perform one handstand push up simply keep pushing up until you've had enough.

This will turn the movement into an isometric exercise.

Another way you can work up to this movement is by not lowering yourself all the way down at first.

If you can only go 1/4 or 1/2 of the way down at first while still retaining the ability to press up again,

do that. Just keep working at it and going deeper as you build strength.

If you want to be able to do pull ups try mastering 5 hand stand pushups in a row at first. I think you'll

be surprised how much easier the pull-ups become.





Clapping Push Ups

1. Lie down with your stomach on the floor and your legs straight behind you.
2. Put your arms in the 90/90 push up position.
3. Take a deep breath through your nose and press up with an explosive motion so that you are able to clap your hands together before bringing them back to the floor.
4. Lower yourself to the floor then repeat.



[Arms Extended Push Ups](#)

1. Lie on your stomach with your arms stretched straight out in front of you. Your hands are closer together than with a regular push up.
2. Push everything but your hands and feet off the floor.
3. Lower yourself to the floor and repeat.

Additional Notes

If you can only do one repetition hold yourself in that position for as long as you can.

If you cannot even do one, simply push up as if you can. This turns the exercise into an isometric posture and will build your strength.



[One-Arm Push Ups](#)

1. Lie down with your stomach on the floor and your legs straight. Position your feet so that they are approximately shoulder width apart. You will need this for stability.
2. Put your arms in the 90/90 push up position and press up.
3. Balance on one arm while placing the opposite arm behind your back.
4. Breathe in through your nose as you lower yourself to the floor on your one arm, exhale back up again.

5. Do as many as you can then repeat with the opposite arm.

About the Author

David Nordmark has a life long interest in health and fitness. In the past he has participated in such

sports as soccer, basketball and hockey. He also was once an avid runner and weightlifter, but has

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He currently lives in beautiful Vancouver, British Columbia Canada, although he really wouldn't

mind living somewhere else during the winter. He's currently working on making that dream a reality.

If you have any questions for him, feel free to contact him using the contact form which can be found

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One Last Thing

When you turn the page Kindle will give you the opportunity to rate the book and share your thoughts

through an automatic feed to your Facebook and Twitter accounts. If you believe your friends would

get something valuable out of this book I'd be honored if you'd post your thoughts. As well, if you liked the book, I'd be eternally grateful if you posted a review on Amazon.

Thank-you once again and

I hope my book puts you on the road to ever greater health and happiness!

Document Outline

- [The Benefits Of Push Up Workouts](#)
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- [Perfect Push Up Pointers](#)
- [Push Ups For Strength And Endurance](#)
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