



UCSU

Home Training Kit

PUSH UP

Difficulty rating:



Pro Tip:



Start on your hands & knees then straighten the legs. Lower your body to the ground by bending at the elbows, keeping them tucked in. Once your chest touches the floor push back up to starting position.



Too much? Lower to your knees.



Hot Spot:

Arms



Reps and Sets:

3 sets of 10 reps

