

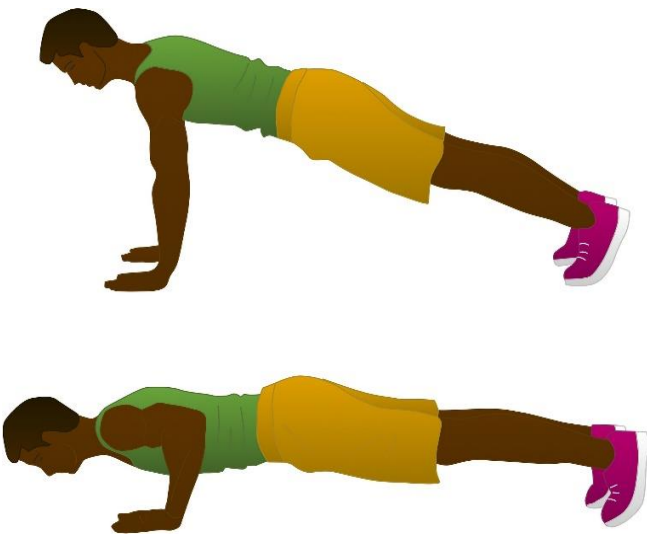


Sports Conditioning Tips: Push-up Variations

Push-ups work the entire body if done properly, the push-up targets the upper body focusing on the triceps, pectoral muscles, shoulders, lower back, and abdominals.

Here are four (4) examples of the different ways to add push-ups to your conditioning routine.

Traditional push-up:



Push-up on your knees:

This modification can be a great way to start a new routine without creating too much stress on your body. Use this exercise to add more repetitions to your conditioning or to help progress to a traditional push-up.



Push-up against a wall:

Another variation of the push up to add as you work into your new conditioning routine. This modification can release stress from the shoulders and build muscles in that muscle group. Use this exercise to add more repetitions to your conditioning or to help progress to another push-up progression.



Humble Plank:

For this exercise move, you hold the position as long as you choose and add time as your conditioning improves. There are many different plank variations to choose and use as modifications for your body and its specific needs such as on your elbows or rotating to your side. Use this exercise to add more repetitions to your conditioning or to help progress to another modification of a push-up.

