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The
Little Black Book
of Pull Up Boosting
Exercises



ChallengeWorkouts.com

**THE
LITTLE BLACK BOOK
OF PULL UP BOOSTING
EXERCISES**



By Shawna Kaminski C.P.T.

Welcome to the ‘Little Black Book of Pull Up Boosting Exercises’

If you’re serious about improving your pull ups and push ups, or any strength move for that matter, you need to be serious about exercise form. There’s nothing worse than getting excited about a program and then being sidelined with injury.

Take a look at the exercises, read the descriptions. Pay attention to your training and how you execute each exercise. Each movement should be done with intention. Most often injury occurs when you’re just not paying attention. You shouldn’t be talking to others while training or watching what else is going on. Be ‘present’ with all the exercises, concentrate on the work at hand and I promise you that you’ll be more likely to avoid injury and you’ll get better results much faster.

Mirrors have a purpose, use them. They aren’t in gyms and workout spaces for gym rats to ‘peacock’ or strut around looking at themselves. They actually serve a practical purpose in that you can check your form in the mirror. Do it. Ensure that your form is impeccable.

Don’t let your ego get in the way of proper exercise form. Back off on the amount you lift if necessary. Continual progress requires you to leave your ego at the door. Too many people lift or heave weights around with improper form just to ‘get the rep’ or say that they can lift a certain amount of weight. What’s the point if it puts you at risk of injury?

If you want to meet your goals, you need to not only train harder, you need to train *smarter*.

Within this manual, you’ll find all the exercises within the program.

You can also refer to the video library.

DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



Position A – DB row



Position B – DB row

DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



Position A – DB Bench Press



Position B – DB Bench Press

DB Chest Fly

- Hold the dumbbells above your chest with your palms turned toward the each other.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as your press the dumbbells up and together.



Position A – Prone DB Fly



Position B – Prone DB Fly

DB Shoulder Press

- Stand with your hips tucked under, knees bent and abs braced (pelvic tilt forward).
- Hold dumbbells at shoulder level.
- Press the dumbbells overhead and slowly lower to the start position.
- Do not arch your back. Stand upright.



Position A – DB Shoulder Press



Position B – DB Shoulder Press

DB Overhead Triceps Extension

- Hold a DB in both hands directly over your head.
- Slowly lower the dumbbell behind your head by bending your elbows, and try to point your elbows towards the ceiling.
- Pause briefly at the bottom of the motion, and then extend your arm using your triceps to raise the dumbbell back to the start.



Position A – DB Tricep Overhead Press



Position B – DB Tricep Overhead Press

DB Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position with fully extended arms.



Position A – DB Bicep curl



Position B – DB Bicep Curl

EZ Bar Curl

- Hold an E-Z Curl Bar at arm's length with a shoulder-width grip.
- Keep your abs braced and curl the barbell up to chest height.
- Slowly lower. Don't bend back. Keep an upright posture. Fully extend arms at the bottom of the movement.



Position A – Bb bicep curl



Position B – Bb bicep curl

DB Front Raise

- Hold dumb bells in front of the thighs with straight arms.
- Lean forward slightly with weight on the balls of the feet.
- Raise dumb bells to shoulder height, knuckles to the ceiling.
- Lower to starting position.



Position A – Front Raise



Position B – Front Raise

DB Lateral Raise with Slight Forward Lean

- Hold a DB in each hand.
- Lean forward slightly from the waist, maintaining braced abs.
- Raise the DB's up to the side with thumbs down and pinky finger raised up.
- Return to side position with control.



Position A - Lateral Raise



Position B – Lateral Raise

DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



Position A – Incline DB Chest Press



Position B – Incline DB Chest Press

DB Incline Fly Press

- Set up a bench with a moderate incline (1-2 notches above flat).
- Hold the dumbbells above your chest with your palms turned toward one another.
- Slowly lower the dumbbells out to each side and lower to chest level, do NOT allow the DB to extend beyond the elbow.
- Maintain a 90 degree angle at the elbow at the bottom of the movement.
- Bring the dumbbells in to the chest and bring the pinky fingers together.
- Press the dumbbells straight up above the chest.



Position A – Incline DB Chest Fly



Position B – Incline DB Chest Fly

Barbell Lunges

- Stand with your feet shoulder-width apart. Rest a barbell on your back.
- Step backward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Maintain a 90 degree angle at the ankle, knee and hip of front leg.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push off the heel of the front foot back to the start position.



Position A – Weighted Reverse Lunge



Position B – Weighted Reverse Lunge

Barbell Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be shoulder-width apart, toes slightly turned out.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position, abs tight.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.
- The head controls the spine so keep the eyes looking upward.



Position A – Weighted Squat



Position B – Weighted Squat

Stiff Legged Deadlift

- Hold a bar or DB's at thigh level.
- Fold at the hip, keeping the back flat, chest and chin up.
- Lower the bar to knee level.
- Initiate the return movement from the hips/hamstrings to the start.



Position A – Stiff leg Dead Lift



Position B – Stiff leg Dead Lift

Bent Legged Deadlift

- Hold the bar at thigh level.
- Lower the bar down the thighs towards the floor.
- Keep the back flat, bend the legs, chest and chin up.
- Set the shoulders down and back.
- Return to the start by standing up, initiating the movement from the legs.



Position A – Bent Leg Dead Lift



Position B – Bent Leg Dead Lift

Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a shoulder-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows at a 90 degree angle, lower the bar straight down to your chest.
- Pause briefly and then press the bar back up above the chest in a slight angle towards the chin.



Position A – Bench Press



Position B – Bench Press

Incline Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against a bench at between 45-60 degree incline.
- Grip the bar using a shoulder-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows at a 90 degree angle, lower the bar straight down to your chest.
- Pause briefly and then press the bar back up above the chest in a slight angle towards the chin.



Position A – Incline Bench Press



Position B – Incline Bench Press

Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.



Position A – Push up



Position B – Push up

Spider Crawl

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **slowly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Position A – Spider Crawl



Position B – Spider Crawl

Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and **quickly** bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Position A – Mountain Climber



Position B – Mountain Climber

Bicycle Crunch

- Lie on your back and bring one elbow towards the opposite knee.
- Alternate opposite knee to elbow.
- Ensure the lower back is pressed into the floor at all times.



Position A – Bicycle Crunch



Position B – Bicycle Crunch

Ab Roll Out

- Kneel on a mat with your hands on the ab wheel or elbows on a stability ball.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.
- Maintain shoulder over hip, over knee position and avoid sticking your butt out behind you.



Position A – Ab Roll Out



Position B – Ab Roll Out

Plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Position A – Plank

Stability Ball Plank

- Brace your abs. Put your elbows on the ball and balance on your toes.
- With your elbows under your shoulders and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Position A – Stability Plank with Ball

Reverse Hip Lift

- Lay with your back flat on the floor, arms by your sides.
- Lift the hips up off the floor as if someone has tied your feet to a rope and is lifting from the ceiling.
- Slowly lower the hips to the ground with control.



Position A – Reverse Hip Lift



Position B – Reverse Hip Lift

Woodchop X

- Start with the medicine ball or dumb bell held in both hands at hip level on one side.
- Keep your abs braced and powerfully rotate up and across the body.
- Lift and look up.
- Chop the ball or DB down to hip level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



Position A – Wood Chop



Position B – Wood Chop

Lat Pull down

- Sit on the machine and tuck the knees under the pads.
- Hold the bar at shoulder width.
- Look up and lean back with a flat back, abs braced.
- Squeeze the shoulder blades down and back as you lower the bar to the chest.
- Return the bar to starting position with control.



Position A – Lat Pull Down



Position B – Lat Pull Down

Tricep Cable Extension

- Stand facing the cable.
- Grasp the bar with elbows tucked into the sides.
- Lower the bar to the thighs.
- The elbow is the hinge, so eliminate all shoulder movement.



Position A – Tricep Cable Extension



Position B – Tricep Cable Extension

Stick-up

- Stand with your back against a wall. Your feet should be as close to the wall as possible and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Position A – Wall Stickups



Position B – Wall Stickups

Leg Press

- Sit in the leg press machine and put the feet on the pads at hip width with toes slightly turned out.
- Keep the back flat and abs tight.
- Lower the ad as low as possible.
- Push from the heels to the starting position.



Position A – Leg Press



Position B – Leg Press

Lying Hamstring Curl

- Lie on pad and hook heels under pads, hold onto handles.
- Bend at the knee to bring the heels towards the butt.
- Slowly lower the pad back to the start position.



Position A – Lying Hamstring Curl



Position B – Lying Hamstring Curl

Rope Climb

- Attach a rope to the ceiling.
- Sit on the floor.
- Use a hand over hand motion to climb the rope, do not use the feet on the rope.
- Reverse the hand over hand motion to start, or simply stand and lower the body to the floor.
- Do not slide down the rope.



Position A – Rope Climb



Position B – Rope Climb

Rope Climb with Pull up

- Attach a rope to the ceiling.
- Sit on the floor.
- Use a hand over hand motion to climb the rope, do not use the feet on the rope.
- When you reach the top of the rope, add a pull up by lowering the body and then lifting it.
- Reverse the hand over hand motion to start, or simply stand and lower the body to the floor.
- Do not slide down the rope.



Position A – Rope Climb w pull up



Position B – Rope Climb w pull up

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.



Position A – Body Weight Pull Up



Position B – Body Weight Pull Up

Jump Assisted Pull-up

- Grasp the bar with an overhand, wide grip.
- Jump off a platform to pull yourself up until your chin is over the bar.
- Return to full hanging position with control.



Position A – Jump Assisted Pull Up



Position B – Jump Assisted Pull Up

Totally Assisted Pull-up

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will step up with your entire weight on your legs.
- Return to full hanging position with control.



**Position A – Totally assisted Pull Up w/
Controlled Descent**



**Position B – Totally assisted Pull Up w/
Controlled Descent**

Partially Assisted Pull-up

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will take some weight on your legs and hold some of your weight with your upper body/arms.
- Return to full hanging position with control.



**Position A – Partial Assisted Pull Up w/
Controlled descent
(step up from box/chair with *some* of body
Weight)**



**Position B – Partial Assisted Pull Up w/
Controlled descent
(step up from box/chair with *some* of body
Weight)**

Partial Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to partial hanging position with arms slightly bent.



Position A – Partial reps (not full hang to Bottom of movement)



Position B – Partial reps (not full hang to Bottom of movement)

Weighted Pull up

- Add a weight belt and hang a 5-10 lb plate with a strap or chain.
- Do a regular pull up with the added weight.
- Return to full hanging position with control.



Position A – Weighted Pull Up (add weight to body Weight)



Position B – Weighted Pull Up (add weight to body Weight)

Assisted Weighted Pull up

- Add a weight belt and hang a 5-10 lb plate with a strap or chain.
- Do a regular assisted pull up with the added weight.
- Return to full hanging position with control.



**Position A – Assisted Weighted Pull Up
(added weight to body & step up from box/chair
With some of body weight)**



**Position B – Assisted Weighted Pull Up
(added weight to body & step up from box/chair
With some of body weight)**

Hanging Leg Raise

- Hang from a chin-up bar using an overhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor or higher.
- Don't use momentum. Go slow and controlled both ways.



Position A – Hanging Leg Raise



Position B – Hanging Leg Raise

Hanging Leg Raise

- Hang from a chin-up bar using an overhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up and to the opposite elbow.
- Don't use momentum. Go slow and controlled both ways.
- Repeat to other side.



**Position A – Hanging Leg Raise, bring
Knees to opposite Elbow**



**Position B – Hanging Leg Raise
Knees to opposite Elbow**

Scapular Retraction

- Grasp the bar with an overhand, shoulder width grip.
- Without bending the arms, squeeze the shoulder blades together to lift the upper body up towards the bar.
- Lower with control.



Position A



Position B

Inverted Row

- Find a low bar where you can do an inverted plank.
- Grasp the bar with an overhand, shoulder width grip.
- Raise the chest towards the bar.
- Lower with control.
- To modify, bend the legs push more from the heels.
- To intensify, make the body as plank like as possible.



Position A



Position B

Suspended Row

- You'll need a TRX or other suspension trainer.
- Face towards the suspension trainer.
- Grasp the handles with an overhand, shoulder width grip, keep palms facing each other.
- Make the body as plank like as possible.
- Row the arms in towards the body, squeezing the shoulder blades together, keeping the chest up.
- To modify, move the feet away from the anchor and stand more upright.
- To intensify, move feet towards anchor to increase the angle of pull.



Position A



Position B

Suspended Chest Press

- You'll need a TRX or other suspension trainer.
- Face away from the suspension trainer.
- Grasp the handles with a palms down, shoulder width grip.
- Make the body as plank like as possible.
- Do a push up like movement.
- To modify, move the feet away from the anchor and stand more upright.
- To intensify, move feet towards anchor to increase the angle of pull.



Position A



Position B

Get Up

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



Position A



Position B



Position C

Bulgarian Split Squat

- Rest one foot on a bench.
- Step forward with the other foot, do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.



Position A



Position B

Single Leg Hip Lift

- Get into a reverse plank position, weight on the shoulders and heels.
- Lift one leg off the ground and hold at a 90 degree angle to the body.
- Ensure that the stabilizing leg has a 90 degree bend at the knee, weight on the heel.
- Lower the hips to the ground and lift.
- Do not let the hip of the elevated leg drop.



Position A



Position B

Classic Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Classic (knee) Modified Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Box Push Up



Position A



Position B

- Walk the hands in so that the back is straight but the hips remain high.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep the back straight and flat.
- Keep the eyes looking forward versus dropping the chin to the chest.

Rotational Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Rotate off the floor to a one-arm plank position, keeping the body straight in a T position.
- Alternate sides.

Modified Rotational Push Up



Position A



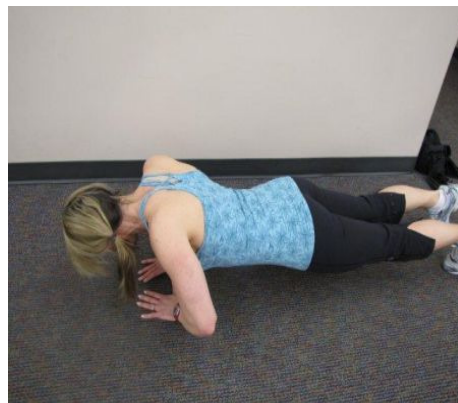
Position B

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Rotate off the floor to a one-arm plank position, keeping the body straight in a T position.
- Stay on the knee of the stabilizing side, extend the leg to balance on the toe on the other side.
- Alternate sides.

Diamond Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor in a diamond shape directly under the chest.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify by dropping to the knees.

Close Grip Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor directly beside the ribs.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify by dropping to the knees.

One Legged Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Lift one leg off the floor and balance on the heel of the other foot.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Alternate sides.

Staggered Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the hands on the floor in an asymmetrical fashion. One hand will be shoulder width, the other will be close to the ribs (as in the close grip push up.)
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Alternate sides.

Renegade Push Up (push up with DB row)



Position A



Position B



Position C

- Keep the abs braced and body in a straight line from knees to shoulders.
- Balance on dumb bells on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Balance on one arm while doing a row with the other.
- Keep hips and shoulders square to the floor.
- Alternate sides.

Stability Ball Push Up (hands on ball)



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the stability ball.
- Slowly lower yourself down until you are an inch off the ball.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify by dropping to the knees.

Stability Ball Push Up (feet on ball)



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the feet on the stability ball with hands on the floor at shoulder width apart.
- Slowly lower yourself down until you are an inch off the ball.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Barbell Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on a barbell slightly wider than shoulder-width apart.
- Do not allow the barbell to roll (this involves more core stability).
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify by dropping to the knees.

Wall Push Up



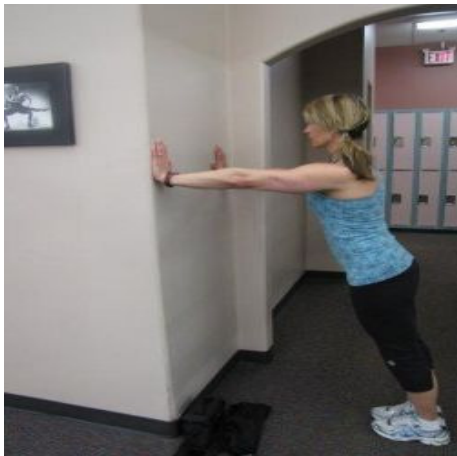
Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the wall slightly wider than shoulder-width apart.
- The further the feet are back from the wall, the more difficult the push up will be.
- Slowly lower yourself down until your nose is almost on the wall.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

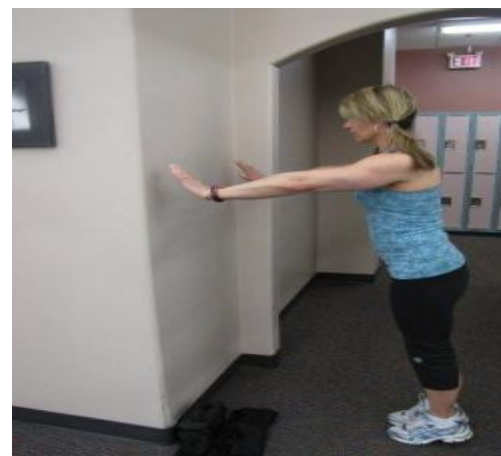
Plyo Wall Push Up



Position A



Position B



Position C

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the wall slightly wider than shoulder-width apart.
- The further the feet are back from the wall, the more difficult the push up will be.
- Slowly lower yourself down until your nose is almost on the wall.
- Powerfully push through your chest, shoulders and triceps to balance off the wall.
- Return to start position with hands on the wall.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Suspended Push Up (on feet)



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands in the hand holds or rings slightly wider than shoulder-width apart.
- The further the steeper the body angle, the more difficult the push up will be.
- Slowly lower yourself down until the arms are at 90 degrees or the hands are just beside the chest.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- To modify, stagger the feet and push off the front leg to assist.

Suspended Push Up (on hands)



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet in the stir ups or rings.
- Slowly lower yourself down until your body is one inch off the floor.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Atomic Suspended Push Up



Position A



Position B



Position C

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet in the stir ups or rings.
- Slowly lower yourself down until your body is one inch off the floor.
- Push through your chest, shoulders and triceps to return to the start position.
- Draw the knees into the chest and then extend the legs back into plank like position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Spider Crawl Push Up



Position A



Position B



Position C

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Draw alternate legs into chest, one then the other. Repeat the push up.
- Keep the eyes looking forward versus dropping the chin to the chest.

Incline Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the bench or incline slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the incline, the more modified the push up (the lower the incline, the more difficult).
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Decline Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet on a bench or incline.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the decline, the more difficult the push up (the lower the decline, the more modified).
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.

Walking Side to Side Push Up



Position A



Position B

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the floor.
- Push through your chest, shoulders and triceps to return to the start position.
- Take a step to the right with both the right hand and foot.
- Repeat the push up, then take a step with the left hand and foot.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.