

## Elevated Push-Up



**Description:** Begin by placing hands slightly wider than shoulder width apart on a bench or other elevated surface. Extend your legs balancing on your toes. Make sure your back is straight and core is tight. Slowly lower your body down until your chest reaches the elevated surface. Briefly pause at the bottom position and then drive your body back up into the starting plank position. Make sure the lowering phase is slightly slower than the drive phase.

**\*\*Tip:** Try doing a wall push-up, as the more the body is elevated the easier it will be, so adjust according to fitness level. Widen feet for a greater base of support, or bring feet closer together for a more challenging

**Sets/reps:** 10-12 reps for 3 sets.

**Modifications:** Try from knees to make exercises easier. Bring hands closer to shoulder to make exercise more difficult.

**Common Mistakes:** Rounding the spine, or arching the back and hinging at the low back.

**Target Muscles:** Chest, Triceps, Anterior Deltoid.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*