

CORE
REGULAR PRESS UP ON BALL

START **FINISH**

Target Areas
Primary : Chest, core
Secondary : Shoulders, triceps, rotator cuff

Get into the regular press up position, then place your feet on the ball. Spread the feet approximately hip width apart to ensure stability. Lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

CORE
WIDE-GRIP PRESS UP ON BALL

START **FINISH**

Target Areas
Primary : Chest, shoulders, core
Secondary : Triceps, rotator cuff

Place your hands 1.5 times shoulder width apart, then put your feet on the ball. Spread the feet approximately hip width apart to ensure stability. Ensure your elbows point out to the side while you lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

CORE
CLOSE-GRIP PRESS UP ON BALL

START **FINISH**

Target Areas
Primary : Shoulders, triceps
Secondary : Chest, core, rotator cuff

Start in the regular press up position, but with your hands placed close enough together so that the handles are an inch or so apart. Place your feet on the ball and spread the feet approximately hip width apart to ensure stability. Lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

CORE
STAGGERED-GRIP PRESS UP

START **FINISH**

Target Areas
Primary : Triceps, core
Secondary : Chest, shoulders, rotator cuff

Assume the regular press up position, then spread the feet approximately hip width apart to ensure stability. Place one hand further forward than the other. Lower yourself slowly into the down position. Alternate hands on each set.

CORE
SINGLE LEG PRESS UP

START **FINISH**

Target Areas
Primary : Core
Secondary : Chest, shoulders, triceps, rotator cuff

Assume the regular press up position. Ensure the abdominals are "braced." This involves tightening the abdominal muscles as if you're about to take a punch in the gut. Lift one leg off the floor; then lower yourself slowly (2-3 seconds) to the down position. Alternate legs on each set.

CORE
PRESS UP WITH ROW

START **FINISH**

Target Areas
Primary : Core, rotator cuff
Secondary : Chest, shoulders, triceps

Assume the regular press up start position. Spread the feet approximately hip width apart to ensure stability. Lower yourself into the down position, then push yourself back up to the start position. At the top of the press up, shift your weight to one hand, and pull the handle up towards your waist using a rowing motion, then return the handle to the start position. Repeat the exercise, alternating arms on each repetition.

ADVANCED
ONE ARM ASSISTED PRESS UP

START **FINISH**

Target Areas
Primary : Shoulders, triceps
Secondary : Chest, core, rotator cuff

Assume the regular press up position, then spread the feet approximately hip width apart to ensure stability. Shift your weight over the arm that is doing the work. Lower your torso into the down position, then press up from the floor. Alternate arms on each set.

ADVANCED
SPIDERMAN PRESS UP

START **FINISH**

Target Areas
Primary : Core
Secondary : Chest, shoulders, triceps, rotator cuff

Start in the regular press up position. As you lower yourself to ground bring your right knee up to your right arm without letting your knee or foot touch the ground. As you push yourself back up to the top, return your leg to the starting position. Alternate legs on each set.

ADVANCED
MEDICINE BALL PRESS UP

START **FINISH**

Target Areas
Primary : Shoulders, triceps
Secondary : Chest, core, rotator cuff

Start in the regular press up position. Place one hand on the handle and the other on top of the medicine ball. Lower your torso to the down position before pushing yourself back to the start. Alternate arms on each set.

ADVANCED
T PRESS UP

START **FINISH**

Target Areas
Primary : Core, rotator cuff
Secondary : Chest, shoulders, triceps

Assume the regular press up position, spread feet approximately hip width apart to ensure stability. Lower your torso slowly into the down position, then press up from the floor. As you press up from the floor, shift your weight to your left hand and bring your right hand off the floor. Your feet should turn as you bring your right hand above your head so that your body forms a T shape. As soon as you reach the T position, reverse direction and bring your right hand back to the handle. Go straight down into your next press up, and then repeat the process on the other side.

ADVANCED
DIVE BOMBER PRESS UP

START **FINISH**

Target Areas
Primary : Shoulders, triceps
Secondary : Chest, core, rotator cuff

Start in the regular press up position, then move your feet slightly wider than shoulder width apart. Keeping your legs as straight as you can, push your backside into the air and your chest down towards the ground. Let your elbows point outward while you lower your face towards an imaginary spot between your hands. Flatten yourself so that your torso is parallel to the ground. Keeping your hips close to the ground and your hands directly beneath your shoulders, drive your head up until you are looking straight ahead.