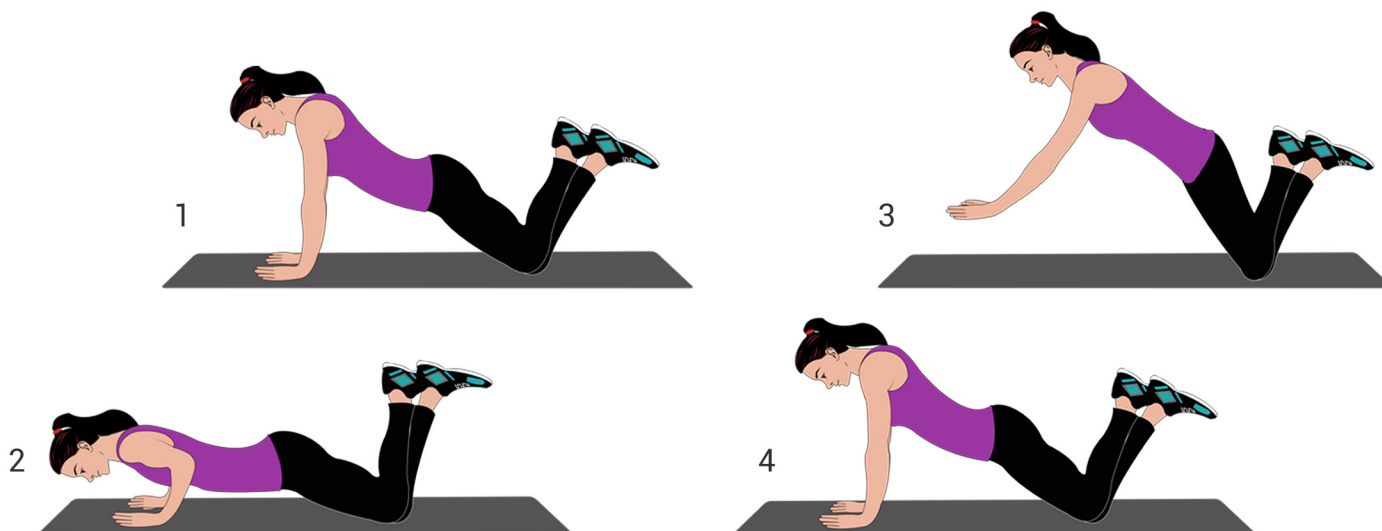




EXPLOSIVE PUSH-UPS



HOW TO DO IT:

- 1** Position yourself in a push-up position on your knees (easier) or toes (more challenging). Arms should be directly under shoulders, core engaged, and body in a straight line from shoulders, to pelvis, to knees.
- 2** Slowly lower body into a push up position taking 3 counts to descend.
- 3** At bottom of push up, push off the ground in an explosive motion and propel hands off the ground. This should be done quickly, in 1 count.
- 4** When hands return to ground, immediately begin the slow descent again without rest in between.
- 5** Repeat.

make it easier:

Perform basic push-ups and remove the explosive element, or alternate regular push-ups with explosive push-ups.

make it harder:

Perform same exercise on toes instead of knees, add a clap when in the air.