

Est.

2007

YSJActive

5X5 A DAY

PRESS UPS

FULL OR KNEELING (BOX)



1. Lie on your front on the floor, and place your hands on the floor just wider than shoulder width in line with your chest, elbows bent at 45 degrees
2. Push up through the heel of your hands until your arms are straight, and your body is off the floor in a straight line (top picture)
3. Activate your core and ensure your hips don't drop or your bum doesn't rise
4. If doing a kneeling press up place your knees on the floor, keeping your body as long as possible in a straight line. Your feet can rest on the floor or you can keep them up in the air
5. Look slightly forward, so your chin could touch the floor, not your nose
6. Your arms should be supporting your weight and straight
7. Lower yourself towards the floor as much as possible by bending your elbows
8. From above your body should form the shape of an arrow
9. Push up through the heel of your hands, lifting your body in a straight line
10. Repeat