

Exercise of the week – Push ups

Pushups work the chest, shoulders and triceps. They teach us to lift our own body weight and can be performed anywhere – park, gym, home, even a hotel room on a business trip or holiday!

Beginner

Kneel on the ground. Place your hands in front of you, slightly wider than shoulder width apart. Ensure your knees are on a mat or folded towel to protect your knee caps. Keep your arms straight and bring your hips forward so your body forms a straight line from shoulders to knees. Activate your abdominals. Bend your elbows to slowly lower your chest towards the floor, breathing in. Pause and push back up, breathing out.

Intermediate

This time lift your knees so you are resting on your hands and toes and your body forms a straight line from shoulders to ankles. Slowly lower your body to just above the floor. Pause and push back up. Take care not to stretch the neck forward or let the lower back 'sink down'.

Advanced

To increase intensity and add variety, place your arms in a staggered position – one hand forward, your other hand back. Perform 10 with your left hand forward, 10 with your right hand forward and 10 in the standard position.