

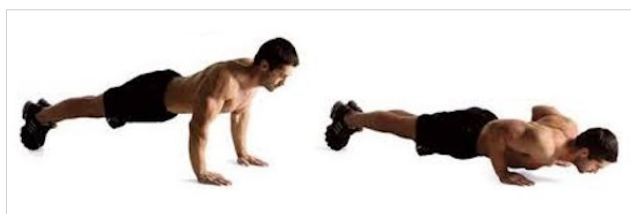


50 SHADES OF PUSH-UPS

HANDS VARIATIONS PUSH-UPS



WIDE



CLOSE



KNUCKLE



STAGGERED



DIAMOND



FINGERTIP

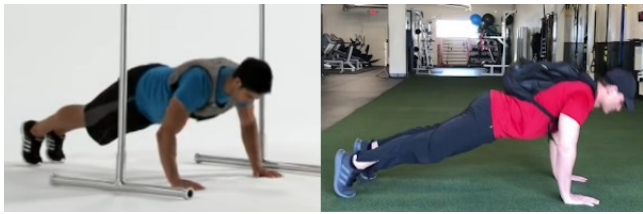
PUSH-UPS WITH RESISTANCE



DECLINE



CHAIN | BAND



WEIGHTED VEST | BACKPACK



PARTNER | WEIGHT

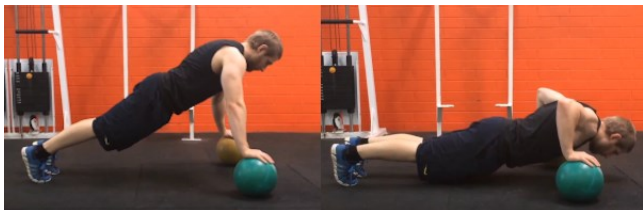
INSTABILITY PUSH-UPS



FEET ON MEDICINE BALL



ONE HAND ON MEDICINE BALL

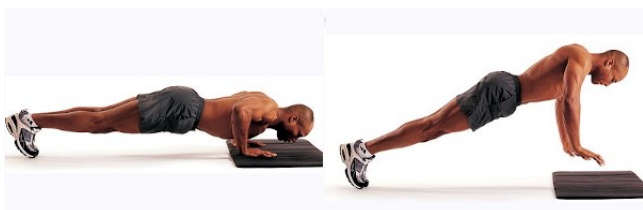


BOTH HANDS ON MEDICINE BALL

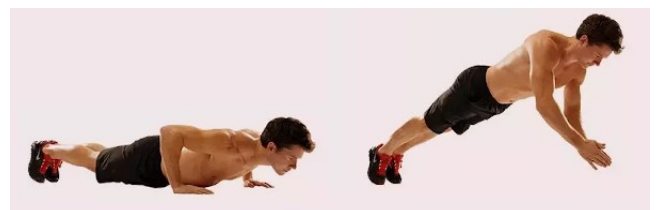


ON FOUR/THREE MEDICINE BALL

EXPLOSIVE PUSH-UPS



EXPLOSIVE



CLAP



DOUBLE THIGH TAP



DOUBLE CLAP



TRIPLE CLAP

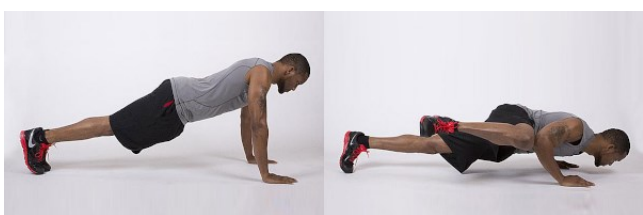
PUSH-UPS WITH MOTION



ONE LEG RAISED



SHOULDER TAP



SPIDERMAN



I



SIDE TO SIDE



GRASSHOPPER

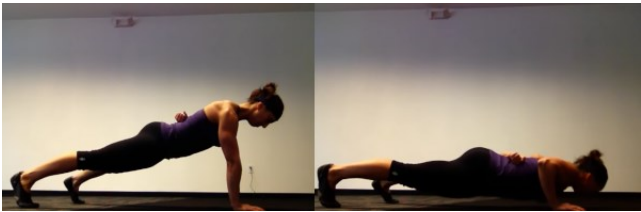
ONE-ARM PUSH-UPS



½ ONE ARM



ARCHER



ONE ARM



DECLINE ONE ARM



EXPLOSIVE ONE ARM (THE ROCKY)



PUSH-UPS SCORECARD

	EXERCISE	MAX REPS
HANDS VARIATIONS	WIDE	
	CLOSE	
	KNUCKLE	
	STAGGERED	
	DIAMOND	
	FINGERTIP	
WITH RESISTANCE	DECLINE	
	CHAIN	
	BAND	
	WEIGHTED VEST BACKPACK	
	WEIGHT	
	PARTNER	
INSTABILITY	FEET ON MEDICINE BALL	
	ONE HAND ON MEDICINE BALL	
	BOTH HANDS ON MEDICINE BALL	
	ON FOUR MEDICINE BALL	
EXPLOSIVE	EXPLOSIVE	
	CLAP	
	DOUBLE THIGH TAP	
	DOUBLE CLAP	
	TRIPLE CLAP	
WITH MOTION	ONE LEG RAISED	
	SHOULDER TAP	
	SPIDERMAN	
	T PUSH UP	
	SIDE TO SIDE	
	GRASSHOPPER	
ONE ARM	1/2 ONE ARM	
	ARCHER	
	ONE ARM	
	DECLINE ONE ARM	
	EXPLOSIVE ONE ARM (THE ROCKY)	