

# PUSH

Here's your moves. Just six, that's it. You've got this!

front  
plank

A

sumo  
squat

B

static  
lunge

C

fire  
hydrant

D

triceps  
pushdown

E

chest  
fly

F

week 1: 16-20 reps, 2 sets.

A

C

E

B

F

D

A

C

E

B

F

D

week 2:

week 3:

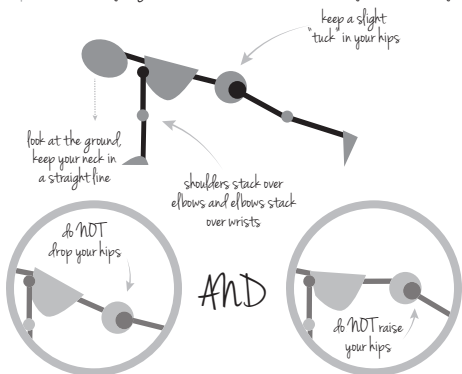
week 4:

week 5:

week 6:

# front plank:

A front plank is an bodyweight, isometric exercise that works your entire body.



Set up for plank by getting into "hands and knees" position. Make sure your fingers are spread wide and your hands are directly under your shoulders and your knees are directly under your hips.

Extend one leg back without changing the position of your upper body. Then extend the other leg back and hold for prescribed time.

## notes on time:

- 2 sets: hold for at least 90 sec
- 3 sets: hold for 60-90 sec
- 4 sets: hold for 30-60 sec
- 5 sets: hold for 15-30 sec

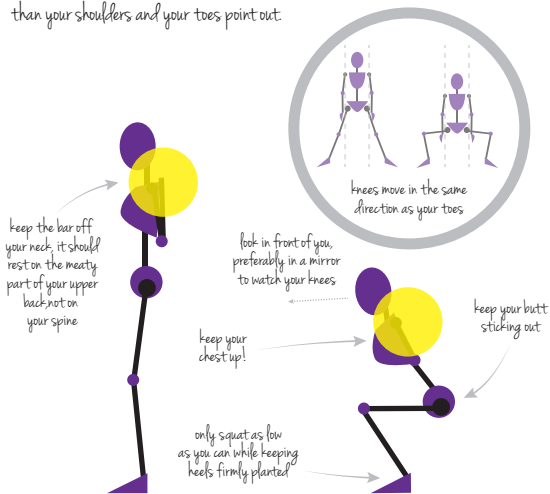
## modifications:

**Easier?** If you can't plank from the ground for your prescribed time, hold plank with your hands on a counter or bench. Another option is to hold plank from your knees.

**Harder?** Place either your hands or feet on a Bosu ball, raise your feet onto a bench, or lift one/two extremities off the ground at a time.

# sumo squat:

A *sumo squat* uses a sumo stance. This means that your heels are placed farther than your shoulders and your toes point out.



Start by standing with a barbell racked on your back (if you are able to). Your heels should be wider than your shoulders and your toes turned out to match the direction your knees travel.

Start the movement by bending your knees and flexing your hips at the same time. Sink your hips back, as if you are sitting in a chair. Keep your butt out and your chest high. Push back up through your heels and repeat for reps.

## modifications:

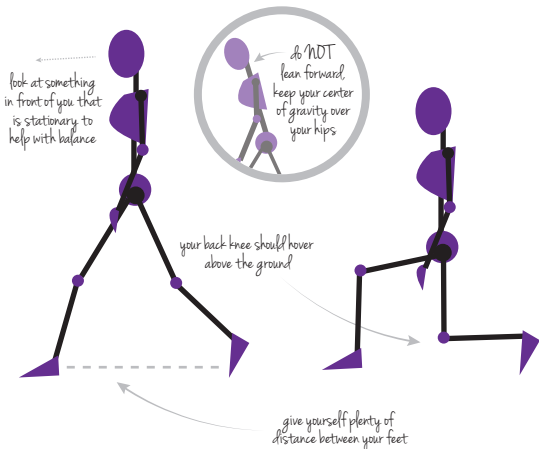
**Easier?** Start without weight, if you need more help you can hold on to TRX straps throughout the movement. Practice with a broomstick before adding a barbell.

**Harder?** Add a barbell and increase weight as needed.

Stretch your calves before starting if you have trouble keeping your heels down.

# static lunge:

A *static lunge* is a movement when your feet are staggered and knees bend at the same time to move your body up and down in space. Static means that your feet stay in the same place throughout the movement.



Start by standing with one foot in front of the other, feet as wide as your shoulders and toes facing forward. Rise up onto the toes of your back foot and keep your front foot planted.

Bend both knees to lower your body to the ground. Try to achieve 90 degree angles with your knees. Push through front heel and back toes to raise up to the starting stance. Repeat for reps and complete on the other side.

## modifications:

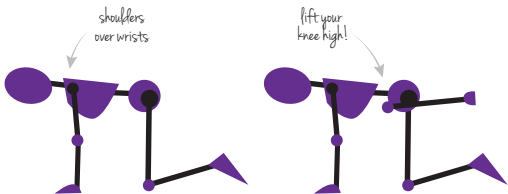
*Easier?* Hold on to TRX straps to help keep your balance.

*Harder?* Add dumbbells, one to each hand.

Do not rush lunges. The faster you do them, the less time you give for your body to compensate for your center of gravity moving.

# fire hydrant:

A fire hydrant targets your glutes and challenges hip mobility.



Start out on hands and knees. Align your wrists so they are directly under your shoulders. Align your knees so they are directly under your hips.

Lift one leg out to the side, keeping a 90 degree angle. Try to lift your knee as high as your hips. Lower and repeat for reps. Complete on other side.

## modifications:

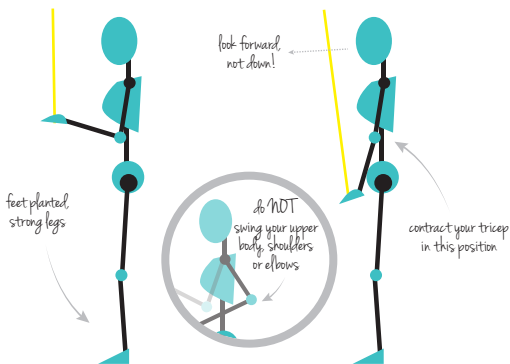
**Easier?** Do not lift your knee as high.

**Harder?** Use a mini band around your thigh, just above your knee, place your hands on a Bosu, place your knees on a Bosu, hold a dumbbell behind your knee.

Fire hydrants take concentration, focus on contracting your glutes before you start each rep.

# triceps pushdown:

A *triceps pushdown* works your triceps by pushing down against the resistance of a cable machine or resistance bands.



Start with a cable machine that has only one handle attached. Face the machine and hold the handle in an overhand grip at mid chest height.

Push your hand down as far as you can and contract your tricep at the bottom. Slowly raise your hand back up. Repeat for reps and complete on the other side.

## modifications:

*Easier?* Lighten the weight.

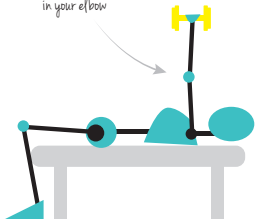
*Harder?* Increase the weight.

No cable machine? Simply use mini resistance bands. Hook the loop to a secure point around shoulder height, then hold the band as you would a handle.

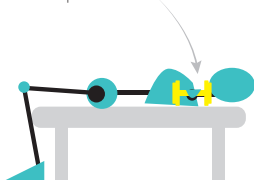
# dumbbell chest fly:

A *chest fly* is a movement when you lie on a bench and use dumbbells to strengthen your chest.

do NOT lock out your arms,  
keep a gentle bend  
in your elbow



do not drop your hands  
past the bench



Start by laying on a flat bench with a dumbbell in each hand. Firmly plant your feet on the floor. Raise the dumbbells over your chest, palms facing each other.

Slowly lower the dumbbells out to your sides, not reaching past the height of the bench. Slowly bring the dumbbells back up to starting position and repeat for reps.

## modifications:

*Easier?* Lighten the weight.

*Harder?* Increase the weight, or lower only one arm at a time.

Lower back gapping with your feet on the floor? That's ok, try planting your heels on the bench to eliminate any gap between your bench and lower back.