

Push ups

Muscles worked: pectorals, triceps, deltoids & abdominals

Start in a high plank on the ground, with your legs straight and your hands set slightly wider than shoulder width apart. With your head slightly up so that you are looking in front of you, bend your arms and slowly lower your body until you are just above the ground. Pause briefly at the bottom, then push the ground away from you, bringing your body back up to the starting position by extending your arms, keeping your core engaged throughout the movement.



Progression: You can make this exercise more challenging by performing the push up with your legs elevated (on a box or a step).

Regression: If you find it too challenging to do the push up, you can make it easier by performing it on your knees.

Tricep dips

Muscles worked: triceps & deltoids

Start by positioning your hands shoulder width on a secure bench/chair. Keeping your legs straight, slide forwards so that your body is hanging off the edge of the bench while keeping your arms slightly bent (keeps the tension on the triceps rather than the elbow joint). Slowly lower your body towards the floor by bending your elbows, until they are at a 90° angle (keeping your back close to the bench at all times). From this position, press down onto the bench and straighten your elbows, bringing your body back up to the starting position.



Progression: You can make this exercise more challenging by performing the tricep dip with your legs elevated (on a box or a step).

Regression: If you find it too challenging to do the push up, you can make it easier by performing it with your knees bent and bringing your feet closer to your body.

Shoulder push up

Muscles worked: deltoids, triceps & pectorals

Start in a high plank on the ground, with your legs straight and your hands set slightly wider than shoulder width apart. Slowly raise your hips and pull your toes up towards your hands without bending your knees. With your head over your hands, bend your arms and slowly lower your body until your head is just above the ground. Pause briefly at the bottom, then push the ground away from you, bringing your body back up to the starting position by extending your arms.



Progression: You can make this exercise more challenging by performing the push up with your legs elevated (on a box or a step).

Regression: If you find it too challenging to do the push up, you can make it easier by performing it with your hands elevated (on a box or a step).

Tricep push up

Muscles worked: triceps & abdominals

Start in a low plank on the ground, with your legs straight and your forearms flat on the floor shoulder width apart (parallel to each other). With your head slightly up so that you are looking in front of you, extend your arms, pushing your body away from the ground. Pause briefly at the top, then slowly lower yourself back to the ground into the starting position, keeping your core engaged throughout the movement.



Progression: You can make this exercise more challenging by performing the push up with your legs elevated (on a box or a step).

Regression: If you find it too challenging to do the push up, you can make it easier by performing it on your knees.