

PUSHUP

ROCKING PUSHUP

KNEE PUSHUP - DEEP

KNEE PUSHUP - SHALLOW

WALL PUSHUPS



Starting from a position in the air with arms extended, athlete lowers until chest and thighs brush the ground (elbow angle smaller than 90 degrees) and presses back to full extension.



Starting from the floor, an athlete pushes up to the knees, quickly lifting the hips to pull the knees off the ground. Then the athlete lowers the knees back to the ground first, and lowers the chest to the ground. The toes never leave the ground.



With feet in the air, athlete touches the chest to the ground with elbows reaching a smaller angle than 90 degrees. Knees remain on the ground.



With feet in the air, athlete lowers themselves toward the ground. Elbow angle approaches 90 degrees; torso stays in a straight horizontal line with the hips.



Balancing on the balls of their feet, athlete maintains a rigid vertical posture (no flexion of knees, hips) and bends their elbows (shoulder height) such that his torso approaches the wall. Then they press back to vertical again.



10 in a row.

10 in a row.

10 in a row.

30 Straight, without stop

