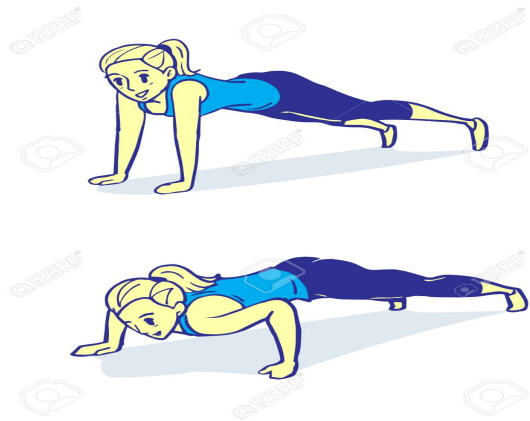


HOW TO DO A PUSH-UP

DIRECTIONS: Follow the steps on how to perform a push-up. Make sure to perform the exercises in a slow, controlled manner.

PUSH-UP

1. Palms on the floor, shoulder width apart, with fingers spread pointed straight ahead.
2. Toes and balls of feet on floor at all times.
3. Straight and flat back and body.
4. Bend arms until your elbows are 90 degrees.
5. Extend arm and return to starting position.



MODIFICATION

1. Place knees on the ground while keeping arms shoulder-width apart.
2. Slowly lower your body to 90 degrees and when your elbows make a “L”
3. Keep a straight back even though your knees are on the ground.

