

Push Ups Chest Workout

This push up chest workout will add shape and endurance to your chest. Perform this routine about once every 5 days for the best results. Rest 35-40 seconds between each set.

1.) Push Ups

Reps: 3 sets of 20, 20, 20

Execution: Kneel down and place hands slightly wider than shoulder width. Keeping legs straight, push body up. Keep abs tight and back straight. Keep arms extended and in line with the chest. Shoulders can be slightly squeezed together (retracted). Throughout motion, shoulders form 90 degree angle to body. In a controlled motion, start lowering body until upper arms are approximately parallel to floor. Elbows must remain over hands. While maintaining the controlled motion, push body up to starting position without locking out elbows. Do not allow muscles to relax before next repetition.

2.) Incline Push Ups

Reps: 3 sets of 20, 20, 20

Execution: These are to be performed exactly the same way as normal push ups, except you should place your hands on a bench so that you are on an incline.

3.) Decline push ups

Reps: 3 sets of 20, 20,20

Execution: This is a regular push up except that your feet will be lying across a flat bench. Be sure that when you are executing this movement that you keep your back very straight/flat. You can use varying degrees of hand widths as well when performing this exercise.

4.) Push Ups Hands Out

Reps: 3 sets of 20, 20, 20

Execution: Primary Muscle Group: Pectoralis Major

Muscle Groups Worked in This Exercise: Pectoralis Major, Anterior Deltoid, Triceps Brachii

Preparation: Lie prone on floor with hands slightly wider than shoulder width. Place hands facing outward with palms facing each other. Raise body up off floor by extending arms with body straight.

Breathing: Breath out on the contraction of the muscle and breath back in on the way back to the start position.

Execution: Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.

Comments: Both upper and lower body must be kept straight throughout movement