

Master the Push-Up

Workout of the Month: July 2026



Why the Push-Up?

Push-ups strengthen the chest, shoulders, triceps, and core — muscles that support posture, daily movement, and upper-body endurance.

Workout: Push-up Progression Series

1. **Wall Push-Up (10–12 reps):** Stand facing a wall, hands at chest height. Lower your chest toward the wall, then press away.
2. **Incline Push-Up (8–10 reps):** Hands on a bench or countertop. Keep your body in a straight line as you lower and press.
3. **Knee Push-Up (8–10 reps):** From a kneeling plank, lower your chest toward the floor with control.
4. **Standard Push-Up (6–10 reps):** High plank position. Lower chest toward the floor, elbows at ~ 45 degrees, press back up.
5. **Push-Up with Shoulder Tap (6–8 reps each side):** Perform one push-up, then tap opposite shoulder while keeping hips steady.

Trainer Tip:

“Think of your body as one straight line - avoid letting your hips sag or lift.”