

Decline Push-Up



- Place your feet on a sturdy bench or object that is about knee high while in a push-up position.
- Place your hands slightly wider than shoulder width apart on the ground. During this exercise, keep your body in a straight line from head to heel.
- With your elbows pointed out, lower your body toward the ground, pausing slightly as you near the ground. Return to the start position.
- Be careful to keep your abs tight and your body in a straight line. Do not raise your feet above waist high as this will shift the emphasis away from the chest and put it on the shoulders
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
