

### One Handed Tree Push-Up

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- Stand a couple of feet away from a sturdy tree, the further you are away the more challenging this will be
- Place one hand on the tree so your body is off to one side. Imagine there is another tree for the other hand to keep proper position
- Bend your elbow and lower yourself just to the side of the tree. As you lean forward, keep your body in a straight line from head to heel. Don't let yourself rotate at the shoulders
- After pausing slightly at the bottom of the movement, return to the start position
- After completing the desired number of repetitions, repeat on the other side
- To get the most out of your workout, try to find a resistance level that allows you to do 1-3 sets of 8-12 repetitions

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#### 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.

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