

Walking Push Ups



- This is a variation on the push up that will challenge your entire body by adding some forward movement between push ups
- Assume the push up position with your hands slightly wider than shoulder width apart
- Place your feet on a piece of linoleum or cardboard that will slide on the surface you have chosen. Carpet tends to work the best for this exercise
- Allowing your elbows to go out towards your sides, lower your chest toward the floor. Keep your back straight, no sagging or raising at the hips
- Push up to the start position, then using your arms, pull yourself forward about 8 inches. This completes one repetition
- Repeat, alternating which arm “steps” forward first during the pulling phase
- While the focus is on the chest and triceps, your shoulders, abs, back, and even legs will be involved

- 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 on each side, or walking with the weight for repetitions of 10-15 seconds each

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.
