

Push Ups For Charity

TRAINING TIPS

The Classic Push-up:

- Lie face down on the ground with your feet together.
- Put your hands on the ground with your palms down and your fingers pointed forward about shoulder width apart.
- Balance on your palms and your toes. Keep your body straight. Clenching your butt can make this easier.
- Lower yourself by bending your elbows, until your chest touches the ground. Be sure to maintain control.
- Push up by straightening your arms, breathe out while you do this.
- Elbows must be fully extended at the start and end of a pushup, forefoot or toes on floor; legs, hips and back straight.
- Commonly, people don't make a deep enough descent. Your chest should be just slightly lower than parallel to the level of your arms.
- To test your form, have someone make an upright fist and position it below your chest. Your chest should make contact with the fist.
- Inadequate reps are usually due to a lack of strength endurance, which can be built up over time by executing pushups properly and doing multiple upper body exercises to increase strength.

Variations On The Classic Push-up:

Knee Push-ups. Push-ups can be done from the knees. This is a good beginning position until your strength builds up. Maintain proper body alignment.

Wall Push-ups. If you have an injury place your hands in a push-up position on a wall, move your feet away from the wall and keeping a straight body, execute the push-up movement. As you become stronger move your feet further from the wall.

START SLOW.

Start training now. Don't wait until the day before the event to start training. Start off with a small number of push-ups a day, and add one push up everyday to the total you can do in 90 seconds everyday all the way to the event.

MAKE IT FUN.

Challenge your friends to push-up contests. Do push-ups in odd or unexpected places: Waiting in line at the market? Do push-ups. In the airport? Do push-ups. Sightseeing? Do push-ups.