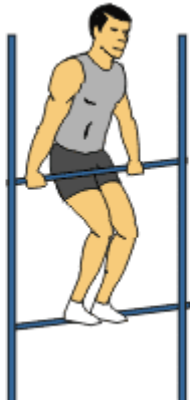


Chest (bodyweight)



Exercise Description:

Machine Chest Dip

Classification:

Chest (bodyweight)

Instructions:

- 1) Step up on foot platform (if available) and position hands on dip bars.
- 2) Start position: Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
- 3) Lower your body until your upper arm is parallel to the floor.
- 4) Return to starting position by extending the elbows to a slightly bent position.
- 5) Remember to keep the trunk bent forward, head neutral, and chest up.

Bench Dip



Exercise Description:

Bench Dip

Classification:

Chest (bodyweight)

Instructions:

- 1) Sit upright on bench and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.
- 2) Start position: Slide glutes off bench with elbows slightly bent.
- 3) Lower body by bending at elbows until elbows are at 90 degree angle.
- 4) Return to start position.

Dip



Exercise Description:

Dip

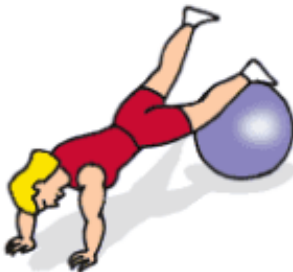
Classification:

Chest (bodyweight)

Instructions:

1. Step up on foot platform (if available) and position hands on dip bars.
2. Start position: Remove feet from platforms and suspend the body with slightly bent elbows. Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
3. Lower your body until your upper arm is parallel to the floor.
4. Return to starting position by extending the elbows to a slightly bent position.
5. Remember to keep the trunk bent forward, head neutral, and chest up.

Pushup on Ball (w/ 1 leg)



Exercise Description:

Pushup on Ball (w/ 1 leg)

Classification:

Chest (bodyweight)

Instructions:

- 1) Lie face down with chest on flexaball.
- 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Dive Bomber Pushup



Exercise Description:

Dive Bomber Pushup

Classification:

Chest (bodyweight)

Instructions:

- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor starting with the head first and follow with the shoulders and waist. It should look like you are diving down towards the ground.
- 5) Return to the start position by extending at the elbows and pushing the body up.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Standard Pushup



Exercise Description:

Standard Pushup

Classification:

Chest (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Wide Pushups



Exercise Description:

Wide Pushups

Classification:

Chest (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Fingertip Pushups



Exercise Description:

Fingertip Pushups

Classification:

Chest (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor. You should be pushing just from your fingertips.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Diamond Pushups



Exercise Description:

Diamond Pushups

Classification:

Chest (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands in the center of your chest and form a diamond shape with your index fingers and thumbs. Feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Manual Glute-Ham Raise with Pushup**Exercise Description:**

Manual Glute-Ham Raise with Pushup

Classification:

Chest (bodyweight)

Instructions:

1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad.
3. Start position: Back should be parallel to ground with knees slightly bent. Explode up in a pushup and start the movement to the vertical position.
4. Raise your body using your hamstrings until your upper body is vertical.
5. Return to start position.

Protraction

**Exercise Description:**

Protraction

Classification:

Chest (bodyweight)

Instructions:

- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.

- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
 - 3) Start position: Extend the elbows and raise the body off the floor.
 - 4) Extend at the elbows and pressing up at the shoulders separating the shoulder blades and arching the upper back.
 - 5) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Avoid hyperextension of the low back.
- 8 Count Body Builders



Exercise Description:

8 Count Body Builders

Classification:

Chest (bodyweight)

Instructions:

Start in a standing position and bend your knees and place your hands on the ground.

Extend your legs back into a push up position.

Bring your knees back in towards chest and stand back up.

This should be a continuous motion and be fluid.

Kneeling pushup with hands on med ball



Exercise Description:

Kneeling pushup with hands on med ball

Classification:

Chest (bodyweight)

Instructions:

1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.

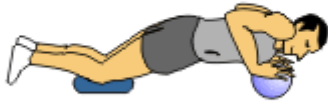
2) Place hands on top of the medicine ball; extend legs and place feet at hip width with toes on floor.

3) Start position: Extend the elbows and raise the body off the floor.

4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.

5) Return to the start position by extending at the elbows and pushing the body up.

Pushups with hands on 2 med balls



Exercise Description:

Pushups with hands on 2 med balls

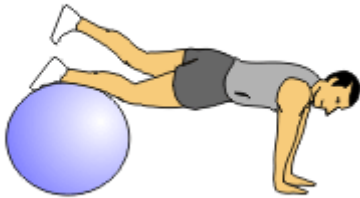
Classification:

Chest (bodyweight)

Instructions:

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width with one hand on top of each medicine ball.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.

1-Leg Plank with Push-up



Exercise Description:

1-Leg Plank with Push-up

Classification:

Chest (bodyweight)

Instructions:

- 1) Lie face down with chest on flexaball.
 - 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
 - 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
 - 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
 - 5) Return to the start position by extending at the elbows and pushing the body up.
- Prone Chest Fly with 3 stability balls



Exercise Description:

Prone Chest Fly with 3 stability balls

Classification:

Chest (bodyweight)

Instructions:

1. Start by balancing with your feet on the ball and each arm on a stability ball.
2. Maintaining balance let your arms out to the side in a chest fly motion.
3. Once you have reached a comfortable stretch with your chest then bring your arms back in towards the center.
4. Remember to keep your hips level and focus on stabilization.

Pushup with med ball and balance board



Exercise Description:

Pushup with med ball and balance board

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your feet on a balance board and a hand on each medicine ball.
 2. Move into a plank position and maintain your balance by extending your arms.
 3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
 4. Extend your elbows until you reach full extension.
 5. Keep your abs drawn in tight to maintain good technique.
- Pushup on extreme balance board



Exercise Description:

Pushup on extreme balance board

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your hands on a balance board and your feet on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with balance board and discs



Exercise Description:

Pushup with balance board and discs

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your hands on a balance board and your feet on the ground. Place a balance disc under each end of the balance board.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with 2 med balls



Exercise Description:

Pushup with 2 med balls

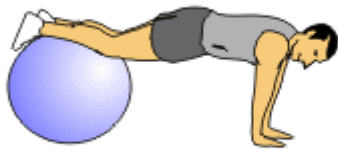
Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your hands on a medicine ball and your feet on the ground.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushups with feet on stability ball



Exercise Description:

Pushups with feet on stability ball

Classification:

Chest (bodyweight)

Instructions:

- 1) Lie face down with chest on flexaball.
- 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Pushups from knees

**Exercise Description:**

Pushups from knees

Classification:

Chest (bodyweight)

Instructions:

1. Start by lying face down and placing your hands near your shoulders with your elbows pointing up.
2. Keeping your trunk straight press your hands into the floor so that your upper body and hips come up off the ground into a push up position.
3. Now you are in a modified push up position from your knees.
4. Bend your elbows so that your chest touches the ground and then repeat by returning to the top position.

Wall Pushups

**Exercise Description:**

Wall Pushups

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your hands on the wall at shoulder level with your feet approximately 2 feet away from the wall.
2. Bend your elbows so that your chest gets closer to the wall.
3. Once your elbows are bent to about 90 degrees then press back out to the starting position.
4. Repeat according to the required repetitions.

Pushup with hands on the ball

**Exercise Description:**

Pushup with hands on the ball

Classification:

Chest (bodyweight)

Instructions:

1. Place your hands on the top of a stability ball with your knees on the ground and your trunk in a straight line.
2. Start with your arms extended and slowly lower your chest to the ball and then return to the starting position.
3. Keeping your body straight throughout the movement repeat for the required number of repetitions.

DB Pushup and Row

**Exercise Description:**

DB Pushup and Row

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing the dumbbells onto the ground and getting into a pushup position holding onto the dumbbells.
 2. Proceed into a pushup and then extend your arms into a completed pushup.
 3. Then row one dumbbell up to chest level and return to the ground. Repeat with the other arm. This is considered one repetition.
 4. Repeat this cycle until all repetitions are completed.
 5. Make sure you keep your abs tight and back flat throughout this movement.
- Explosive Pushup

**Exercise Description:**

Explosive Pushup

Classification:

Chest (bodyweight)

Instructions:

1. Start by getting into a push-up position.
2. Lower yourself to the ground and then explosively push up so that your hands leave the ground.
3. Catch your fall with your hands and immediately lower yourself into a pushup again and repeat.
4. Repeat for the recommended repetitions.

Modified Explosive Pushup

**Exercise Description:**

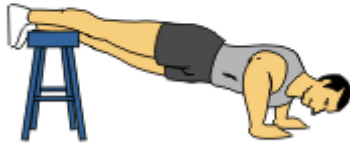
Modified Explosive Pushup

Classification:

Chest (bodyweight)

Instructions:

1. Start by getting into a push-up position with your knees on the ground.
 2. Lower yourself to the ground and then explosively push up so that your hands leave the ground.
 3. Catch your fall with your hands and immediately lower yourself into a pushup again and repeat.
 4. Repeat for the recommended repetitions.
- Pushup with elevated feet

**Exercise Description:**

Pushup with elevated feet

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing your feet on a stool or bench and your hands on the ground in a pushup position.
2. Keeping your body in a tight straight line pushup up off the ground into a pushup.
3. Make sure you keep your abs tight to maintain that straight line with your body.
4. Lower yourself back down to the starting position and repeat for the desired repetitions.

Isometric Pushup

**Exercise Description:**

Isometric Pushup

Classification:

Chest (bodyweight)

Instructions:

1. Start by lying flat on the ground with your arms in a pushup position.
2. Push your hands into the ground just enough to contract your muscles. Do not push hard enough to lift yourself off the ground.
3. Do this for 1-2 seconds and then rest and repeat for the desired repetitions.
4. This is just an isometric exercise so movement should be at a minimum.

Plyometric Depth Pushups



Exercise Description:

Plyometric Depth Pushups

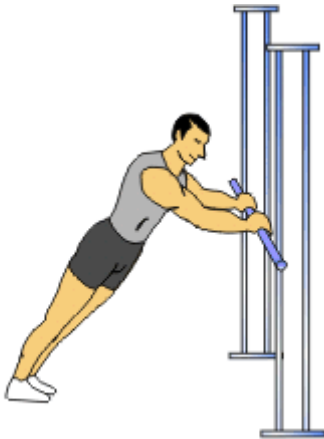
Classification:

Chest (bodyweight)

Instructions:

1. Start by placing feet on a bench and your hands on steps or blocks of your desired height.
2. Begin by getting into a push up position with your hands on the blocks.
3. Proceed into a pushup and when you push to extend your arms you should push hard enough to allow your hands to leave the blocks and land on the floor.
4. Once your hands have landed on the floor proceed into another pushup. Press up off the floor with enough force to have your hands leave the floor and land back on the blocks.
5. Repeat this cycle for the desired number of repetitions.

Smith Machine Push Up



Exercise Description:

Smith Machine Push Up

Classification:

Chest (bodyweight)

Instructions:

1. Start by placing the bar on the smith machine about at waist level.
2. Step back from the machine and place your hands on the bar. Your body should be in a straight line at around a 45 degree angle so adjust your feet accordingly.
3. Proceed into a pushup until your chest touches the bar.
4. Return to the starting position and repeat for the suggested repetitions.

