

PUSH UPS

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Note: This is simply a list of all the various push ups I have learned; there were so many that I couldn't remember them unless I made a comprehensive list. I hope my list helps you remember all the variations—so you can use them! For specific directions on how to perform each push up, please refer to my website.

Directions: After *Dynamic Warm-Up* (Level I) or *Movement Prep* (Level II), perform exercises as desired. Some of the push ups are easy and some are extremely difficult. *Pick a safe level*; never be unsafe or exceed your capacity to “control” your body! In addition to working arms, chest, and shoulders, *push ups are very core oriented*. “Core” is the trunk area from waist to chest, front, sides, and back—all the way around.

Body Weight Push-Ups:

- Modified Military (Wall>Table>Chair>Knees>Negative)
- Military
- Military Lateral Twist
- Narrow
- Wide
- Split
- Split Reptile Walk
- Tiger
- T-Stabilization
- T-Stabilization + Hyperextension
- T-Stabilization + Abduction
- 3-Point
- Pike
- Cobra
- Elbow Stabilization
- Elbow Stabilization + Pike Lockout
- Inverted: 90° off wall (1-2 Legs)
- Inverted: 45° off wall (1-2 Legs)
- Inverted: off box (1-2 Legs)
- "Ilgaranda"
- "Jack LaLanne"
- 1-Arm Negative
- 1-Arm
- Matrix Push-Ups: (4-8 Reps, 1-2 Sets, NO Rest!)
 - **Matrix #1** (Military>Narrow>Wide>Split>T-Stab>1-Arm Negative)
 - *Add plyo transitions to ↑ difficulty for each matrix.*
 - **Matrix #2** (Pike>Cobra>3-Point>Ilgaranda>LaLanne>T-Stability)

Stability Ball Push-Ups: *(Can vary hand positions)

- Off Ball (1-2 Arm)
- On Ball (1-2 Arm)
- Shock Lockout

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Medicine Ball Push-Ups:

- 1 Hand
- 2 Hands
- Alternating Hands
- Alternating Hands Plyo
- T-Stabilization
- 1-Arm

Partner Push-Ups:

- Center Hand Slap
- Shoulders
- Shoulder & Hip
- Head & Hip
- Head & Shoulder
- Stacked (Feet to Shoulders)
- 1-Leg Inverted
- Supine Overhead Reach
- Wheelbarrow Hop
- 1-Arm (Center Legs Down)
- 1-Arm (Center Legs Up)
- Double Head-to-Head
- Elevated 4-Point
- 4-Person "Marine Corps" Weave!

Plyometric Push-Ups:

- Box Depth Jump (≤ 8 ")
- Pop Up to 1-Arm Stick & Brace
- Pop Up to T-Stability Lockout
- Military to T-Stability Lockout
- Military Hand Clap to T-Stability Lockout
- Medicine Ball Alternating Hands
- Stability Ball Shock Lockout
- 1-Arm Hand Clap

Other Push-Up Tools:

- Air Disc
- BOSU
- Environmental (Bench, Boulder, Playground Equipment, etc.)
- Foam Pad
- Rocker Board
- Wobble Board

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