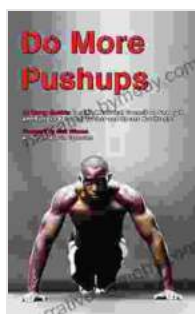


The Ultimate Guide to Pushups: Master the King of Bodyweight Exercises

Pushups are one of the most basic and effective bodyweight exercises. They can be done anywhere, anytime, and they require no special equipment. Pushups are a great way to build strength, endurance, and muscle mass. They also improve cardiovascular health and flexibility.

If you're new to pushups, it's important to start slowly and gradually increase the number of reps you can do. There are many different variations of pushups, so you can find one that suits your fitness level and goals.

Pushups offer a number of benefits, including:



Do More Pushups: Maximum Pushup Workout Guide

by Barry Rabkin

★★★★☆ 4.1 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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Print length : 168 pages

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- **Increased strength:** Pushups are a great way to build strength in your chest, shoulders, triceps, and back. They also help to strengthen your

core and improve your overall stability.

- **Improved endurance:** Pushups are a challenging exercise that can help to improve your cardiovascular endurance. They also help to increase your muscular endurance, which can make you more resilient during other activities.
- **Increased muscle mass:** Pushups are a great way to build muscle mass in your chest, shoulders, triceps, and back. They also help to tone your core and improve your overall body composition.
- **Improved cardiovascular health:** Pushups are a great way to improve your cardiovascular health. They help to increase your heart rate and blood flow, which can reduce your risk of developing heart disease and other chronic conditions.
- **Increased flexibility:** Pushups help to improve your flexibility in your chest, shoulders, and back. They also help to increase your range of motion, which can make everyday activities easier.

To do a basic pushup, follow these steps:

1. Start in a plank position, with your hands shoulder-width apart and your feet hip-width apart.
2. Lower your chest towards the ground by bending your elbows.
3. Push back up to the starting position.

If you're new to pushups, you may not be able to do a full pushup at first. That's okay! You can modify the exercise by doing it on your knees or by using a resistance band.

There are many different variations of pushups, including:

- **Wide-grip pushups:** These pushups are done with your hands wider than shoulder-width apart. They target your chest muscles more than the basic pushup.
- **Close-grip pushups:** These pushups are done with your hands closer than shoulder-width apart. They target your triceps muscles more than the basic pushup.
- **Incline pushups:** These pushups are done with your hands on an elevated surface, such as a bench or a chair. They make the exercise easier by reducing the amount of weight you have to lift.
- **Decline pushups:** These pushups are done with your feet on an elevated surface, such as a step or a platform. They make the exercise harder by increasing the amount of weight you have to lift.
- **Plyometric pushups:** These pushups involve jumping up into the air and then clapping your hands together before landing and doing another pushup. They are a great way to build power and explosiveness.

If you're new to pushups, it's best to start with a beginner workout plan. This plan will help you gradually increase the number of pushups you can do.

Week 1:

- Monday: 3 sets of 10 pushups
- Wednesday: 3 sets of 12 pushups
- Friday: 3 sets of 15 pushups

Week 2:

- Monday: 3 sets of 15 pushups
- Wednesday: 3 sets of 18 pushups
- Friday: 3 sets of 20 pushups

Week 3:

- Monday: 3 sets of 20 pushups
- Wednesday: 3 sets of 22 pushups
- Friday: 3 sets of 25 pushups

Week 4:

- Monday: 3 sets of 25 pushups
- Wednesday: 3 sets of 28 pushups
- Friday: 3 sets of 30 pushups

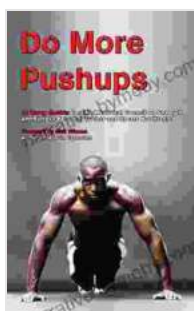
Once you can do 3 sets of 30 pushups, you can start to add variations to your workout. You can also try ng pushups for time or reps.

Here are a few tips for ng pushups:

- **Keep your back straight:** Don't arch your back or let your hips sag.
- **Lower your chest all the way to the ground:** Don't stop short of the full range of motion.

- **Push back up to the starting position:** Don't lock your elbows at the top of the movement.
- **Breathe regularly:** Don't hold your breath while ng pushups.
- **Listen to your body:** If you feel pain, stop exercising and consult with a doctor.

Pushups are a great way to build strength, endurance



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