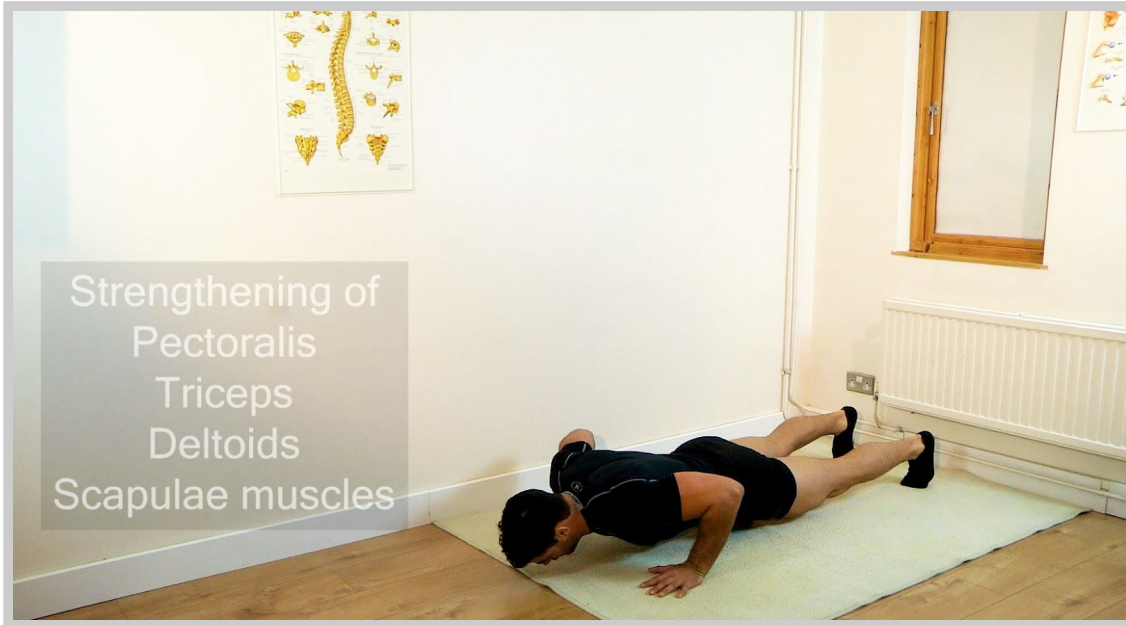


# PUSH-UPS

SHOU76



## AREAS AFFECTED

**Pectoralis**  
**Triceps**  
**Deltoids**  
**Muscles of the scapulae**

## ADVICE

Perform floor push-ups with your hands at different positions and angles to engage different muscles. You can start with your hands shoulder-width apart and legs straight. An easier variation of this is using your knees instead of toes to support your lower body weight or pushing yourself from a higher surface than your toes.