



## Band Assisted Push-Up

### Purpose

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- Place a band at the top of the Jungle Gym. Place the band around the waist and proceed to the floor.
- Rise up onto your toes so you are balanced on your hands and from the toes.
- Keep your body in straight line (head, shoulders, hips, and heels should be aligned).

### Procedure

- Before beginning any movement, contract your abs and tighten the core by pulling the belly button toward the spine. Keep a tight core throughout the entire push-up.
- Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90 degree angle. Exhale as you begin pushing back up to the start position.
- Don't lock the elbows at the top; keep them slightly bent.

### Coaching Cue

- Body stays in straight line.
- Lock the core and squeeze the glutes.
- Exhale as you exert the work, maintain your breathing throughout.

### Targeted Area

- Anterior Upper Body and core

### Regression/Progression

- L1: Wall Push-Up
- L2: Incline Push-Up from Box or Jungle Gym
- L3: Push-Up – Knees
- **L4: Band Assisted Push-Up**
- L5: Push-Up – Floor

Variations	<ul style="list-style-type: none"><li>• Med Ball Push-Up</li></ul>
Contraindication	<ul style="list-style-type: none"><li>• Pain</li></ul>