



Incline Push-Up from Box or Jungle Gym

Purpose	<ul style="list-style-type: none"> •
<p style="text-align: center;">Procedure</p>	<ul style="list-style-type: none"> • From the Barbell, align the arms shoulder width apart and hands in line with the shoulder. • Keep your body in straight line (head, shoulders, hips, and heels should be aligned). • 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.
<p style="text-align: center;">Coaching Cue</p>	<ul style="list-style-type: none"> • Body stays in straight line • Lock the core and squeeze the glutes • Exhale as you exert the work, maintain your breathing throughout.
<p style="text-align: center;">Targeted Area</p>	<ul style="list-style-type: none"> • Anterior Upper Body and core
<p style="text-align: center;">Regression/Progression</p>	<ul style="list-style-type: none"> • L1: Incline Push-Up from Box or Jungle Gym • L4: Band Assisted Push-Up • L5: Push-Up – Floor
<p style="text-align: center;">Variations</p>	<ul style="list-style-type: none"> •
<p style="text-align: center;">Contraindication</p>	<ul style="list-style-type: none"> • Pain

