

Perfect Push-ups - Master Guide

Push-up Mastery Program

Master the perfect push-up with proper form and progressive difficulty levels.

Exercise Progression (15 minutes)

Warm-up (2 minutes)

- Arm circles: 30 seconds forward, 30 seconds backward
- Shoulder rolls: 30 seconds
- Plank hold: 30 seconds

Push-up Variations (11 minutes)

Wall Push-ups (Beginner):

Stand arm's length from wall. Place palms against wall. Push body toward and away from wall.

Incline Push-ups:

Hands on elevated surface (bench, step). Body at 45-degree angle.

Knee Push-ups:

Standard position but knees on ground. Maintain straight line from knees to head.

Standard Push-ups:

Full plank position. Lower until chest nearly touches ground.

Diamond Push-ups (Advanced):

Hands form diamond shape. Targets triceps more intensely.

Cool Down & Stretch (2 minutes)

- Cobra stretch: 30 seconds
- Child's pose: 30 seconds
- Arm crossover stretch: 30 seconds each arm

✓ Perfect Form Checklist

Body forms straight line from head to heels

Core engaged throughout movement

Hands slightly wider than shoulders

Lower until chest nearly touches ground

Push up with control, not rushing

Breathe in going down, out going up

📊 Workout Stats

Duration: 15 minutes

Calories: 100-150

Difficulty: Beginner to Advanced

Equipment: None

🏋️ Muscles Worked

- Chest (Pectorals)
- Shoulders (Deltoids)
- Arms (Triceps)
- Core (Abs & Back)

🚫 Common Mistakes

- Sagging hips
- Incomplete range of motion
- Hands too wide or narrow
- Holding breath