

## The Versatile Pushup, Part 2

By Herman Garcia

Hopefully by now you've engaged yourselves in some blood, sweat and tears with the earlier pushups we talked about. Pushups are really a great way to get a terrific workout, and the best part—little to no resources is needed. Below are some more variations. Have a blast.

### Sumo Pushups

1. Begin on your hands and knees, placing your hands on the floor about shoulder-width apart, palms flat.
2. Extend the legs straight, resting on your toes. Make sure your hands are directly under the shoulders (not forward).
3. Brace your abs and legs to stiffen the torso and keep the neck in neutral alignment so that your body is in a straight line from the top of your head to your heels.
4. Bend the elbows, allowing them to flare naturally out to the sides, and lower your body until the nose touches the floor. Keep your torso rigid and avoid sagging in the middle or piking the hips up.
5. Push into the floor to push yourself back to starting position, continuing to keep the torso and legs braced. As you push all the way up, lift an arm up in an "L" shape. Repeat other side.



## T-Pushups



- You can start off using standard pushup width, with your hands directly under your shoulders. If you want some variation,

you can also use T pushups with the military pushup, wide pushup, or any other hand position. Only use these other variations when you've mastered the normal T pushup.

- Now, lower yourself to the ground slowly as in a normal pushup. Hold for a few seconds, then push back up.
- As your body rises, roll your feet so that your weight is resting on the outside of your ankle (see the animation above). At the same time, raise your hand to the sky. Create a straight line from one hand to the other!

## T-Pushups



- Roll back down to the normal pushup position and start again.

It's important to remember to keep your core tightened throughout the movement. No hip sagging! Tighten your glutes, quadriceps and ab muscles to maintain correct form. Try to keep your body as straight as possible to maximize the benefit!

## Wall Pushups



Floor pushups require you to lift a larger percentage of your body weight than wall pushups, which allow you to practice your form without straining through the torso. You can also try these on a stair rail or other raised surface to reduce the amount of body weight you're lifting.



### Resistance Pushups

Begin by wrapping the medium tube around your upper back, grabbing onto either end of the tubing with both hands.

1. Place hands on the floor, slightly wider than shoulders. You may need to wrap the tubing around each hand to hold it securely.
2. Get into pushup position, either on the knees or toes, back straight and abs tight.
3. Begin the exercise in the up position then bend the elbows and lower down to the floor.
4. Pushup back up and repeat.



Tips: Practice this exercise without the tubing; Run the tubing on the inside of the arms for a more secure hold; If you don't feel safe and in control, just do the pushups without the tube

### See Saw Pushups

This pushup emphasizes the triceps along with the chest.

1. Kneel in front of the ball and roll forward until the ball is under the mid-upper thighs (the further out you are, the harder this move is).
2. Place the hands shoulder-width apart and place them just below the chest.
3. Bend the elbows and keep them close to the body and facing the back of the room as you lower down into a pushup in a see-saw motion (i.e., don't bend at the hips)
4. Push back to start and repeat for 1-3 sets of 10-16 reps.

Tips: Take care when doing this exercise for the first time. By using the see-saw motion mentioned above, you may find it hard to control your body during the lowering part of the motion. Keep the elbows facing the back of the room to target the triceps



### One-Legged Pushups

Start out in the standard push up position. Then elevate one leg off the floor and hold it straight behind you.

Lower your body down to the floor until your chest brushes the ground. Keep your elbows tucked in by your sides. Your elbows should go down and back, not flare out to the side.

Then push back up to the starting position.

It is best to use a 2-0-1 cadence for push ups. That is, take 2 seconds to lower your body down, 0 seconds rest at the bottom, and 1 second to push back up.



## One-Arm Pushups

This challenging version of the traditional triceps pushup will surprise you with its intensity. By lifting and lowering your own body weight with one arm, you really challenge the triceps muscle. This is for experienced exercisers, but skip it if you have any elbow or shoulder problems.



1. Lie on your right side with the knees bent and the hips stacked.
2. Wrap the bottom arm around the waist and place the left hand on the floor in front of you.
3. The fingers should point towards the right.
4. Contract the triceps to push the body up and off the floor, straightening the left arm as much as you can without locking the elbow.
5. Lower a few inches and continue pushing up and down for 8-12 reps before switching sides.



## Moving Pushups

Try a regular pushup with one hand on a paper plate and then walk the hands to the side so that the other hand is on the plate for another pushup. You can even use a small towel, I used sliders.



## Double Swiss Ball Pushup

Set two Swiss balls a few feet in front of a bench. Place a hand on the center of each ball, making sure the balls are touching, and rest your feet on the bench. Lower your body as far as you can with control. Pause, then push yourself back up to the starting position.



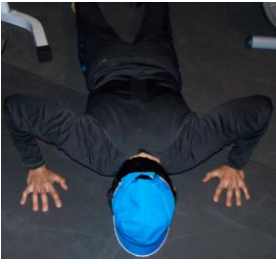
**TIP:** If this exercise is too difficult at first, have a partner stabilize the balls for you or lean them against a wall to brace them.

## Gator Pushup

Stand on a small towel and get into the classic pushup position, with your knees flexed and your hands directly under your shoulders. With your abs tight, walk your left hand out about a foot in front of your right hand and do a pushup. Now walk your right hand out about a foot in front of your left hand, drag your feet forward, and do another. Repeat this sequence five times, then reverse the move to walk back to the starting position.



## Plyometric Pushup



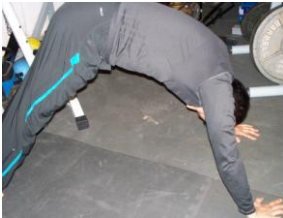
Assume the basic Push-up position. Hands beneath the shoulders, the back flat legs straight. Head slightly up eyes forward.

Inhale and slowly lower yourself down to the floor. Don't let your chest touch. Hold for a second or so.

Now with explosive force, exhale and push off enough so that your hands leave the floor. Return to the starting position and repeat the exercise.



## Pike Pushup



1. Place feet slightly wider than shoulder width apart.
2. Reach arms overhead and bring hips up into an inverted position.
3. Extend arms overhead and lockout elbows.

Your arms should be exactly in line with your spine and reaching straight out from the shoulders.

4. Lower upper body and forehead towards floor.
5. Push back up into the inverted Pike position. Your back once again should be in alignment with the straight extended arms.



## Grasshopper Pushups

1. Come into plank position (top of a push-up), with your hands under your shoulders, and your body in one straight line.
2. As you bend your elbows out to the side and lower your torso toward the floor, step your right leg through the space between your left hand and foot, and cross it all the way over to the left side, resting on the outer edge of your foot. Keep your leg straight if you can.
3. As you straighten your arms, step your right foot back so you're in plank position once again. Now lower your body and cross your left leg over to the right side. Straighten your arms and come back to plank position. This counts as one rep.
4. Complete as many reps as you can. Don't be discouraged if you can't do too many, since this is a really challenging exercise.



## One Arm Pushups



1. Assume the standard push-up positions: prone, feet together, hands on the floor just below the level of your shoulders and about shoulders' width apart.
2. Move your feet apart, a little more than shoulders' width.
3. Lift one hand and rest it on the small of your back.
4. Using the other hand, push your body up from the floor, keeping your back straight. Stop just before you "lock out" your elbow at the top of the movement.
5. Lower your body with the one arm. To maintain your balance, turn your torso slightly away from the pushing arm.
6. Continue lowering yourself until your chin is about a fist's width above the floor. Since you angled your torso, your chin should be about where the hand you now have behind your back was when you started the exercise. This is one repetition.
7. Repeat to near-exhaustion for an intense arm-chest workout.
8. Ideally, go back to step one and repeat using your other arm.

## One Arm Pushups



### Tips

1. Don't attempt this exercise until you can do at least 25-30 regular push-ups in strict form.
2. Be very careful to stop before you tire completely. If your arm gives out you could injure yourself by hitting the floor first!
3. Practicing the plank exercise, specifically the one armed version, is an excellent way to get the core muscle strength needed for this exercise.