



G7 FITNESS

PUSH-UP WORKOUT

Push-Up with no ball

Diamond push-up

- Performed keeping hands together underneath your chest forming a diamond with your hands

Narrow push-up (Basic Push-up)

- Performed keeping hands shoulder width apart.

Wide push-up

- Performed keeping hands in a wide stance. Hands are wider than shoulder width apart.

Fist Push-Ups

- Performed keeping hands shoulder width apart. Make a fist so your fists are on the ground.

Push-up on finger tips

- Keep hands shoulder width apart and perform push up on the finger tips of your hand.

Modified Push-Up

- Place hands slightly above or below shoulders and about shoulder width apart. Rest on knees and bend knees so they make about a 45 degree angle. Feet should be in the air.

Push-up and slap your chest

Push-Up and clap

Push-up and clap your hands behind your back

Push-Ups with one ball

Left hand on ball push-up

Right hand on ball push-up

Alternate ball from left hand to right hand push-up

Two hands on basketball push-up

Push-up with two hands on the ball and explode ball up to chest.

Push-up with one foot on the ball

Push-up with two feet on the ball

Push-Ups with two balls

Push-up with ball in right and left hands

Push-up with ball on left and right foot

Push-up with ball in one hand and ball on one foot

Push-up with ball on one foot and alternate the other ball from left to right hand

Push-up with both feet on ball and both hands on the other ball

Push-up with both feet on ball and alternate other ball from left to right hand

Push-Up with three balls

Push-up with a ball in the right foot, ball in the left foot, and a ball in one hand

Push-up with a ball in the right foot, ball in the left foot, and alternate third ball from left hand to right hand

Push-up with a ball in the right hand, ball in the left hand, and both feet on the third ball

Push-Up with four balls

Push-up with a ball in the left hand, ball in the right hand, ball on the left foot, and a ball on the right foot