

March, 2016

of the Exercise Month

Uneven Push-Up

Purpose: To strengthen the chest (pectoral) muscles

Target Muscles: Chest (pectorals)

Assisting Muscles: Shoulders, Abdominal Muscles

Equipment Needed: Flat Object

Start: Begin in a standard push-up position, with feet together, back flat, hands positioned under the shoulders and arms straight, with a forward gaze. Place one hand on top of a flat object approximately 2-4 inches tall. Ensure the object will not slide or roll. Examples include: a telephone book, aerobic bench, or push-up bar. The hand that remains in contact with the floor will be known as the stationary arm.

Movement Phase 1: Flex the elbows, lowering the chest toward the ground. Continue lowering until the stationary arm reaches 90 degrees.

Movement Phase 2: Once the stationary arm reaches 90 degrees, extend both elbows and push upward while maintaining a flat back and engaged core. Return to the start position.

Repeat: Perform 3 sets of 10 repetitions (5 with each arm).



Modification

Beginner: Perform the exercise with knees on the ground to provide additional stability and support.

Advanced: Complete more repetitions or increase the height of the platform to 12 inches or more.