



Push-Up To A Better Workout

Push-up Technique. Assume the Push-up starting position with your elbows locked. Lower yourself by bending your elbows until your chest almost touches the floor. Come back up by pushing through the floor.

- **Hand Position.** Don't take your hands out too wide. Put your hands slightly wider than shoulder-width. Hands turned out 45°.
- **Tuck Your Elbows.** Easier on your shoulders. Keep your elbows at a 45° angle to your body during Push-ups.
- **Push Your Abs Out.** Straight line from shoulders to ankles. Push your abs out as if someone was going to punch you in the stomach.
- **Squeeze Your Glutes.** Push your abs out while squeezing your glutes hard. Both will avoid any hyper-extension of your lower back.
- **Tuck Your Chin.** Lead with your chest, not with your head. Your neck must stay inline with the rest of your spine. Don't look forward.

Common Push-up Errors. Here are some of the most common Push-up errors you'll see. Avoid them at all costs.

- **Looking Forward.** Hyper-extending your neck can cause neck injuries. Keep your neck inline with the rest of your spine from start to finish.
- **Leading with Your Head.** Forward head position from computer work is common. Leading with your head during Push-ups aggravates the problems. Both increase risks of neck injuries. Tuck your chin and lead with your chest.
- **Letting Your Torso Sack.** Often caused by a weak core. Your body must be in a straight line from ankles to shoulders. Push your abs out and squeeze your glutes. Strengthen your core with Prone Bridges.
- **Elbows Out.** Increases the torque on your shoulder joint. Tuck your elbows: 45° angle to your body.

Benefits of Push-ups. Push-ups are a closed kinetic chain exercise. Unlike the Bench Press, your hands are fixed while your body moves through space.

- **Build Muscle.** Just like Pull-ups & Dips, Push-ups force you to lift your own body-weight. Push-ups work your chest, shoulders, triceps & core.
- **Shoulder Health.** Push-ups improve shoulder health by strengthening your serratus anterior. They also teach you to Bench Press correctly.
- **Versatile.** You can do Push-ups anywhere, anytime. Harder Push-up variations keep things challenging for constant progress.



Learn the Ropes



Rope jumping is a total body activity that incorporates muscle groups of the upper and lower body and is a multi joint movement. It has greater fat burning benefits than most cardiovascular activities, especially those that emphasize only lower body muscle groups. It develops upper and lower body coordination, balance, agility, limb speed and muscular endurance.

Why Jump Rope?

A jump rope is one of the simplest, most inexpensive pieces of exercise equipment. It can be used indoors or outdoors and provides many benefits in a short period of time. The merits of rope jumping rest in its ability to challenge all three energy systems (ATP/CP, Glycolytic, Oxidative).

When you learn how to jump the right way, rope jumping can be performed in five to 10 minute sessions as a warm up to exercises or as a conditioning tool to improve aerobic and anaerobic capacity. It is a building block to fitness and has been scientifically proven to produce positive mental, physical and physiological changes in the body in as little as 10 minutes a day. According to research, 10 minutes of rope jumping at 120 revolutions per minute produces the same cardiovascular fitness as the following activities below.

A person weighing 150 pounds jumping rope at an average speed of 120 RPM burns 720 calories per hour. Calories expended are determined by body weight. Therefore, a heavier person would burn more calories during rope jumping. Rope jumping rates a close second to running in the amount of calories burned, and when arm and complex foot movements are added to a jumping session, its fat burning capacities are immeasurable.

Cycling - 2 miles in 6 mins
Tennis - 2 sets
Running - 1 mile in 12 mins
Swimming - 12 mins
Jogging - 30 mins
Handball - 20 mins

Choosing the Rope

A lightweight PVC material, high performance speed rope can easily be controlled and adjusted, and it responds easily to low through high intensity training and directional change with minimum air resistance.

Check List for the Beginner

1. Choose a wood, rubberized or padded floor surface (not concrete).
2. Hold handles firmly in hands with a comfortable grip.
3. Keep upper body upright, arms close to sides at a 45 degree angle. Look straight ahead to maintain balance.
4. Start with rope resting behind knees.
5. Practice swinging rope around to form an even arc without jumping over the rope.
6. Coordinate the rope swing with each take off and landing for the perfect jump.
7. Make two inch circles with wrists.
8. Jump only one inch off the floor and land softly on the balls of your feet.
9. Progress slowly, avoid too many jumps at one time.
10. Stretch before and afterwards, especially calves.