



# 100 Pushups Challenge

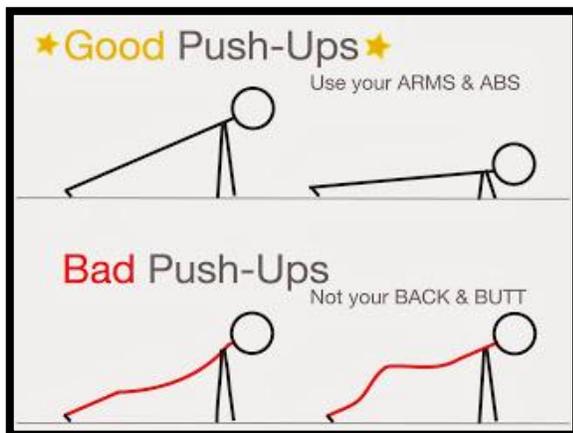
## Instructions for Standard Pushups

Lie face down on the ground with hands placed as wide as or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms. Repeat.

Your head should be held in a neutral position— that is, not looking forward, up or down at your navel. Your body weight should be lifted by the arms; don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles. Your butt shouldn't be sticking up in the air or hips sagging. Try squeezing your glutes (butt muscles) to help engage your core, which will help you straighten out. Good form should put your chest within an inch or two of the floor. There is no specific need to touch the floor with your chest, but aim to form a 45° angle during the movement.

If your wrists hurt, try closing your hands and making a fist to perform the pushups. This way your body weight ends up on your knuckles instead of your palms, thus avoiding the wrist extension motion. Please be sure to do this type of pushup on a padded mat, plush carpet or, even better, a folded towel.

Pushups should be performed in a slow, deliberate manner. Rather than bouncing up and down, it's important to maintain full control as you lower and raise your body. As a rough guide, each phase—both up and down—of a single pushup should take a couple of seconds.



**Get the most out of your pushups by keeping good form.**

Pausing for a short period of time to regain your composure is allowed, but make sure you rest in the "up" position. Do not lock your elbows, raise your butt or allow your elbows to rest on the ground for assistance.

It's important to breathe in during the descent and breathe out on the ascent. Make sure you don't hold your breath and make every effort to breathe rhythmically throughout the exercise.





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## Instructions for "Modified" Pushups

So you've tried the "Standard" pushups, but can only manage one or two before exhaustion sets in. Don't be despondent; several alternative options exist which will still enable you to follow the hundred pushups plan.

- **"Knee" pushups** - to reduce the lifting load by about 50% you can do the same exercise, but do it on your knees. Keeping a straight line from neck to torso is still important, so please pay attention to correct body alignment as you perform your workout.
- **"Wall" pushups** - if all the above options are still too challenging, one final variation exists. The "wall" pushup dramatically reduces the pressure on the arms, upper back and abs. The closer you stand to the wall, the easier they are to perform, but remember, it's still important to be aware of your body alignment as you perform the "wall" pushup. As you gain strength and confidence, move your feet slightly further away from the wall to make the workout more challenging. Feel free to consider moving to the "bench" or "knee" style pushups once your initial strength has increased.

Remember, the main aim of the hundred pushups program is to improve your strength, fitness and general health. It really doesn't matter what style of pushup you perform as long as you continue to make progress and keep challenging yourself. Give the program a chance and you'll be amazed at your new found strength.

