Bodyweight Push Workout

20 MINUTES I STRENGTH BAND

ACTIVITY	TIME	NOTES
EXERCISE 1 **Narrow Push Ups**	**max reps**	Hands close and right under the shoulders

Perform the push ups with good form for as many repetitions as you can. Rest for 45 seconds and repeat for three rounds.

EXERCISE 2	**Inverted Press**	**5-8 reps**	Shrug shoulders at top.

Perform the presses for 5-8 repetitions depending on foot position. Rest for 60 seconds and repeat for three rounds.

EXERCISE 3	**Floor Bow**	**10 reps**	Slightly tuck the pelvis to engage core.
EXERCISE 4	**Isometric Lsit**	**25 seconds**	Fully extend the arms and really push

Perform the exercises back to back without rest. Rest for 45 seconds and repeat the sequence for a total of three rounds.

EXERCISE 5	**Around The World Push Ups**	**40 seconds**	Neutral back and neck. Keep feet together.

Perform one set of the push ups for 40 seconds.