

# PUSH UP BARS



**DAY1**  
FITNESS

100% SATISFACTION  
GUARANTEED!

# PUSH UP BARS

Push up bars offer many benefits but basically they are just more effective than performing standard floor push ups. They allow you to use better range of motion which in turn offers better muscle development. Push up bars give you a few extra inches to work the chest and shoulder muscles through their full range. The handle position relieves strain on the wrists, and make push ups easier.

Place your bars in different positions and angles to work different muscle groups. Always keep your core tight and glutes engaged to prevent injury to your back. Be careful not to go too deep into your push up as this can cause your shoulders to pinch which can lead to painful nerve damage and compression.

## BASIC PUSH UP WIDE GRIP (CHEST, SHOULDER, TRICEP)

- 1 Place bars shoulder width apart, perpendicular to your body, with palms facing your feet. Arms should be chest high. You can position your body with knees touching floor or up on your toes for a more difficult workout. With abs engaged and neck aligned with spine, slowly lower your body. Your ultimate goal is to lower until chest is parallel with your hands, but a shorter range can be used for less intensity. Raise your body back to start and repeat.

## NARROW GRIP PUSH UP (PECS, SHOULDERS)

- 1 Place push up bars side by side in parallel position directly below your shoulders, hands as close together as comfortable, palms facing each other. Neck is aligned with your spine. You can perform this exercise either on your toes or with knees on the floor. With abs engaged, back straight, slowly lower your body, keeping your elbows by your side. Slowly raise back to start position and repeat.

## MOUNTAIN CLIMBERS (CORE)

- 1 Place push up bars side by side in parallel position directly below your shoulders, hands as close together as comfortable, palms facing each other. Keeping arms straight, pull one knee in toward your chest, with abs engaged, extend it back and pull in your other leg. Quickly switch back and forth. Be careful not to raise your hips.

## TRICEP DIPS (TRICEP)

- 1 Place bars shoulder width apart, slightly behind you, palms facing each other. In a seated position, legs are extended out in front, heels on the floor with knees slightly bent. Keeping elbows aligned with shoulders, slowly lower your bum towards the floor. Use your arms to execute this exercise and you should feel the back part of your upper arms (the tricep area) doing all the work as you extend back up.

## REACHING PUSH UP (CORE, SHOULDERS)

- 1 Place bars shoulder width apart, perpendicular to your body, with palms facing your feet. You can position your body with knees touching floor or up on your toes for a more difficult workout. Abs are engaged, neck aligned with spine. Lower your body into a push up. While rising to start position, raise your left hand off the bar and reach to the ceiling with a straight arm, chest should be facing out to the left side. Return hand to bar and repeat exercise on right side. Continue to alternate sides.

## SPIDERMAN PUSH UPS (HIP FLEXORS, OBLIQUES, SHOULDERS, CHEST, CORE)

- 1 Start in high plank position with bars parallel to your body, approximately shoulder width apart. Keeping your body aligned, bend your arms and lower yourself down. As you lower your body, bend one leg out to the side and bring your knee toward the same-side arm. Raise to start position and repeat.



## HANDSTAND PUSH UP (SHOULDERS)

- 1 Place the bars a couple inches from the wall, parallel to each other. Place your feet as high on the wall as comfortable. Hands placed on push up bars and perform a push up by slowly lowering your head down towards the bars. Then press back up to start position while keeping your toes on the wall at all times. This is an advanced move and should only be tried after efficiency of regular push ups.

## ELEVATED PUSH UP

- 1 Elevate your feet by placing your toes up on a bench, stability ball, chair or plyo box. Raising your feet higher than your head puts more weight and pressure on your chest, core, arms and shoulders, making your work harder.