

UPPER BODY

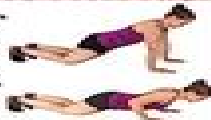
Body Weight Exercises

PUSH UPS

KNEELING PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

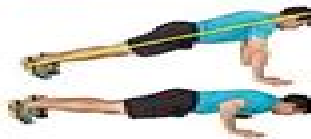
Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Bend your knees and bring your feet together. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



STANDARD PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



ALTERNATE HAND POSITIONS

Standard



Diamond



Yoga



INCLINE PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Place hands on an edge of a chair, bench, or table. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



SHOULDER TAP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the Standard Push-Up position and lower yourself to the floor. Push up, then tap your right hand to the floor on the left side. Lower and repeat on the other side.



SCORPION

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Push-Up position. As you lower, lift one leg off the floor and bend at the knee. Lift the foot as high as you can without losing your form. Push up to the starting position. Repeat on the other side.



DECLINE PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start on an edge of a chair, bench, or table. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



CLAPPING PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the Standard Push-Up position and lower yourself to the floor. Push up, then clap your hands together. Push up to the starting position. Repeat.



SPIDERMAN PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Push-Up position. As you lower your body, lift one leg off the floor and bring the knee to the chest. Push up to the starting position. Repeat on the other side.



PUSH UP WALK OUT

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the upper position of the Standard Push-Up. Lower your body by bending your elbows, keeping your back straight and your feet together. Push up to the starting position. Repeat.



HOVER PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the Standard Push-Up position. Lower until your hands are just above the floor. Push up to the starting position. Repeat.



SHOULDER PRESS

Anterior and Middle Deltoid, Biceps, Triceps, Serratus Anterior, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Push-Up position. Push up, then press your hands straight up. Lower your body by bending your elbows, keeping your back straight and your feet together. Push up to the starting position. Repeat.



HEADSTAND PRESS

Anterior and Middle Deltoid, Biceps, Triceps, Serratus Anterior, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Push-Up position. Push up, then press your hands straight up. Lower your body by bending your elbows, keeping your back straight and your feet together. Push up to the starting position. Repeat.



PULL UPS (wide)

Latus Dorsi, Biceps, Triceps, Serratus Anterior, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Pull-Up position. Pull up, then lower your body by bending your elbows, keeping your back straight and your feet together. Push up to the starting position. Repeat.



CHIN UPS

Latus Dorsi, Biceps, Triceps, Serratus Anterior, Thoracic Paraspinal, Intercostal & External Obliques

Start in a Standard Chin-Up position. Pull up, then lower your body by bending your elbows, keeping your back straight and your feet together. Push up to the starting position. Repeat.



SUPINE PUSH UP

Posterior: Triceps, Shoulder, Anterior Deltoid, Serratus Anterior, Latissimus Dorsi, Erector Spinae, Abdominals, Thoracic Paraspinal, Intercostal & External Obliques

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Bend your knees and bring your feet together. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



TRICEP DIPS (BENT LEGS)

Triceps, Posterior Deltoid, Anterior Deltoid

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Bend your knees and bring your feet together. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



TRICEP DIPS (STRAIGHT LEGS)

Triceps, Posterior Deltoid, Anterior Deltoid

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Bend your knees and bring your feet together. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



TRICEP DIPS (BENT LEGS)

Triceps, Posterior Deltoid, Anterior Deltoid

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Bend your knees and bring your feet together. Lower your body by bending your elbows, keeping your back straight and your feet together. Push your body back up to the starting position. Repeat.



Safety Rules:

1. Always use proper form and technique.
2. Stop if you feel pain or discomfort.
3. Consult your doctor if you have any medical conditions.

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Bodyweight Training Poster Chart Upper

Christian G. Meyer

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