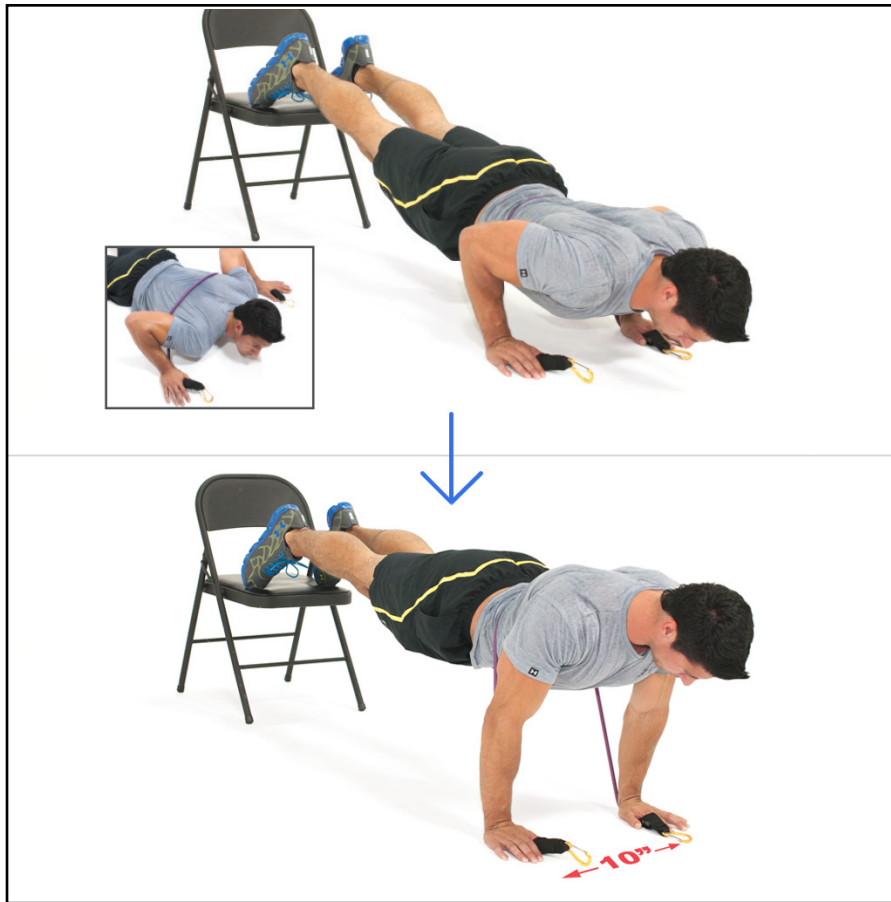


# Decline Military Push Up With Bands

Area Targeted: Upper/Middle Chest



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=hbOUJ8YWkkw>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Not required.

**Bands:** No adjustment required. Wrap the band(s) around your body so that the band(s) are around your back.

**Body Positioning:** Lay on the floor and place your palms over the band(s), on each side, so that there is no slack. Your hands should be about 10 inches apart with fingers pointed overhead. Elevate your feet by about 12 inches by placing them on a chair or other stable, higher support. Keep your back straight, legs straight and head straight.

### MOVEMENT:

Push off the floor and raise your body until your arms are straight. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

1. Do not let your buttocks push up or sag down during the movement. Your body should be straight, like a board from your head to your feet.
2. Keep your elbows in and arms tight to your body.