

Door Push Up

Area Targeted: Upper/Middle Chest



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=nU8ntegCQzI>

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: Wrap the band(s) around your body so that the band(s) are around your back. Now stand about 2 feet in front of a door and place your palms over the band(s), on each side of the door (or door frame). Make sure that there is no slack in the band(s). Your hands should be about 20 inches apart, with fingers pointed overhead. Keep your back straight, legs straight and head straight.

MOVEMENT:

Push your body away from the door until your arms are straight. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Do not let your buttocks push back or move forward during the movement. Your body should be straight, like a board from your head to your feet.
2. When you move your body towards the door, stop when your upper arms are parallel with the door in front of you.