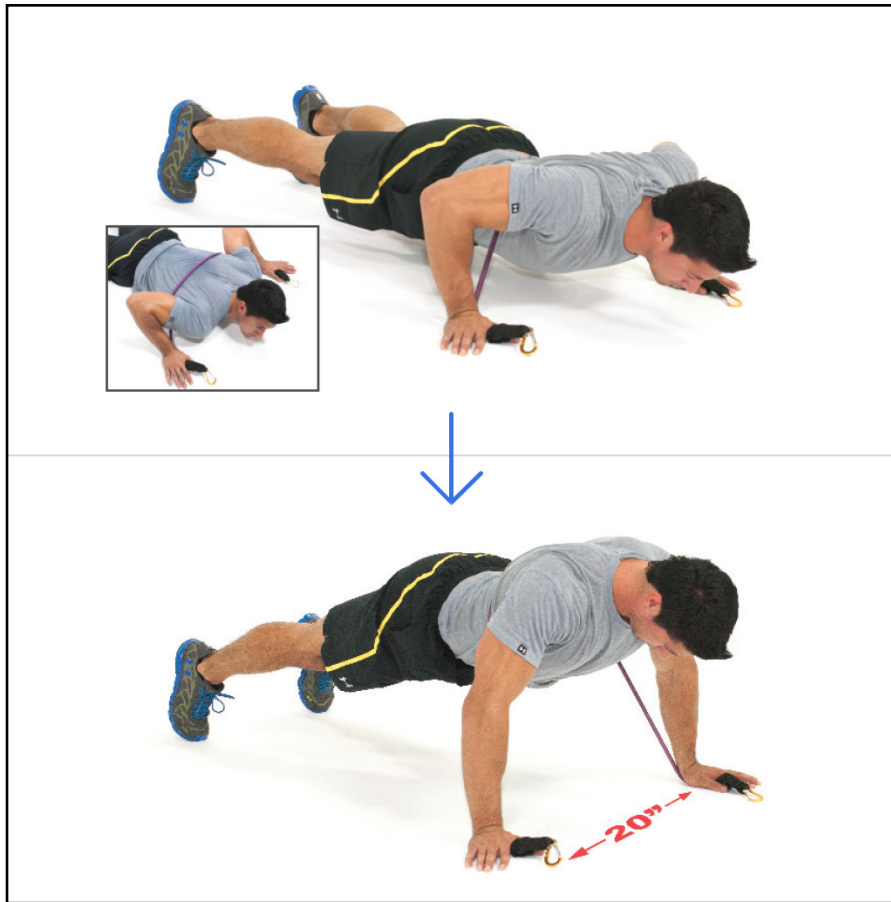


## Push Up With Bands

Area Targeted: Middle Chest



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

### 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:** Now 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 20 inches apart with fingers pointed overhead. Keep your back straight, legs straight and head straight.

#### MOVEMENT:

Push your entire body off until your arms are almost totally 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. When you lower your body, stop when your upper arms are parallel with the floor.