

Push-Up with Row



- Get into the push up position with your legs extended, or for less intensity with your knees on the ground
- Place your hands slightly wider than shoulder width apart using dumbbells (hexagonal so they won't roll) as push up bars. This position is easier on your wrists than having your hands flat on the ground.
- With your elbows pointed out, lower your body toward the ground, pausing slightly as you near the ground. Return to the start position.
- At the top of the push up, shift your weight to one hand, pulling the dumbbell up towards your shoulder with your elbow close to your body.
- Under control, lower the weight to the ground. Repeat the movement the desired number of repetitions on the same side. Rest about 30 seconds and repeat the exercise on the other side.
- Be careful to keep your abs tight and your body in a straight line.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
