

Reverse Push-Up



- Lie under a bar that is approximately waist to mid-thigh high. In the gym, a good machine to use for this is the Smith machine lowered to the right height.
- Grasp the bar slightly wider than shoulder width. Point your elbows out to the side. Wrap your thumb around the bar, or if you prefer, place your thumb on the same side as your fingers.
- Keeping your heels on the floor, pull yourself up to the bar. Keeping a straight line from heels to head.
- Lower your body to the starting position slowly, arms fully extended. Keep your abs and back muscles tight and your body straight throughout the movement.
- The focus is on the muscles of the mid back and biceps. You will also be working your shoulders, abs, back, and hamstrings for stability.
- 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.
