



**Why  
Push-Ups  
Are**

**GREAT**

*If you hate push-ups, avoid them like a smelly sock, or think they're only the domain of buff dudes, here's why you're just wrong, wrong and wrong*

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**MAYBE WE CAN BLAME**

old-school army movies for making us hate push-ups ('Drop and give me 100!') Or maybe it's just because they're actually damn hard. Either way, it's time to switch our mindset and start falling in love with push-ups. Why? We're so glad you asked.

**1. They Make Your Upper Body Strong And Powerful**

Okay, obviously cranking out push-ups is going to challenge, work and build your upper body. You are, after all, dropping down and then pushing your body weight up with just your arms and shoulders. All of that translates to working the front of your chest, both the front and back of your arms (biceps and triceps), upper back and shoulders. And compared to other

upper-body exercises that zoom in and focus on a specific muscle group (think bicep curls), push-ups make different muscle groups work hard, accelerating any strength gains.

**2. They Don't Ignore Your Core**

While push-ups target many different muscle groups in the upper region of your body, they are also working your core. When done correctly, they are a great way to stabilise and strengthen your core. And when we say core, we mean more than just your six-pack abs – we're talking about the not-so-common muscles, such as the transverse abdominis (deep core muscle supporting the spine) and the multifidus (series of small muscles along the spine). While we may want rock-hard abs, having a strong core is beneficial for everything you do – literally, everything – inside and outside the gym.

**3. Strong Core = Good Posture**

By strengthening the muscles around your back and core, you are doing yourself a massive favour, especially when it comes

**PUSH-UP NEWBIE?**

*Drop to your knees and do the push-ups like that. This will significantly reduce the demand on your body (giving you time to get used to the right technique), while still engaging the same muscles. If this is still too tough, try doing standing push-ups against the wall.*

**Push-ups are the heroes of 2020, teaching our bodies good mobility and positioning, and age-proofing all the right muscles**



**SKILLED, MUCH?**

*Place your toes on a bench or a box so that your feet are higher than your hips (you'll increase the demands on your upper body). Or create instability by placing your hands on a kettlebell or ball.*



**DID YOU KNOW?**

The 'core' is actually the whole torso, from the shoulders to the pelvis – essentially all parts that aren't your head, arms or legs. It is your centre of power.

to your posture. With all the sitting we do in this modern, screen-obsessed world, our spines and shoulders become strained. To do a push-up, you need to engage your shoulder blades and mid-back muscles, and these are often underworked areas in the back. By giving these a good workout, your posture will naturally improve. Another reason why push-ups are the heroes of 2020, teaching our bodies good mobility and positioning, and age-proofing all the right muscles.

**4. They Get Your Heart Racing**

Do enough push-ups and your heart rate will soar... Hello, cardio! If you are aiming to do a cardio-focused or HIIT workout, then throwing in some push-ups is a great

idea. Depending on your fitness level, a set of 10, 20 or 30 (you go!) reps will keep your heart rate up.

**5. They Make Your Bones Stronger**

Like any other weight-bearing exercises, push-ups promote good bone health. By including physical activity into your daily routine, especially weight-bearing moves such as push-ups, jogging and climbing stairs, you can build strong bones and slow bone loss in future years. **FL**

**NOW, NAIL THE TECHNIQUE**

- 1.** Get on all fours with your wrists underneath your shoulders and knees underneath your hips.
- 2.** Walk your hands forward, then shift your body forward so that your shoulders are over your wrists again. Your hips will now be in front of your knees. Keep your fingers together.
- 3.** Pull your bellybutton in toward your spine and tuck your toes under to lift your knees off the ground and come into a high plank position. Your neck should be in-line with your spine (don't tuck your chin or move your head up), and your shoulders should be pulled back and down away from the ears. This is the starting position.
- 4.** Bend your elbows at a 45° angle and lower yourself toward the ground, squeezing your shoulder blades and keeping your core tight.
- 5.** Lower down as far as you can. Don't let your hips sag or your bum point up – your body must be in a straight line.
- 6.** At the bottom, push yourself back up to the starting position.

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