

EXERCISE

Press-Up

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise called a Press-Up, working the upper body, focusing on the triceps, chest and front head of the shoulders.

So, from an “all-fours” position, you're going to ask your client to come up into a tall plank, making sure that at this point we want to try and keep the hips nice and level so there's not a drop on one side or the other, and that we have then a slight pelvic tilt. Good.

From there, we're going to ask the client to lower themselves down towards the floor, nice and controlled, and then driving into the hands as they come up.

Important things to note: as we're coming down that the shoulders don't bunch in towards the ear. We keep the shoulders and shoulder blades down and into the middle of the back, and the elbow position stays the same throughout - ideally a 45 degree angle. If the elbows are out to the side, we put too much pressure on the shoulders, and if we're too tucked in, we're quite close. Let's focus just on the triceps. So 45 degrees is good.

If your client finds this too challenging, you can ask them to go down to their knees. From the kneeling position, we want to make sure that our weight stays over our hands, so we're just gently tucking that pelvis and keeping our weight forward.

(To Dom) When you're ready Dom, lift your feet off the floor and slowly lower yourself down.

Again, the elbow position stays the same. This way though, we are working with a little bit less body weight, so it should make it easier for your clients.

(To Dom) Last one and come to rest there.



Main Muscles Involved

- Triceps
- Chest
- Front head of the shoulders

