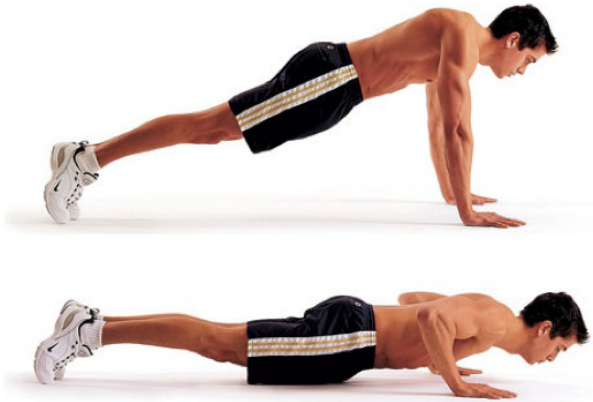


# Why Pushups? Why not!

*Pushup are one of the most basic and common exercises that anyone can do. There are many different variations that hit just about every muscle in the upper body, as well as strengthening bones and improving endurance and metabolism. Try these different variations:*

Basic



*Get into a high plank position; be sure to keep your back straight. Lower yourself to the ground, then push back up. Simple! For beginners, touch your knees to the floor before you drop.*

Narrow Grip



*This one will focus on your triceps. Place your hands close together, to form a diamond. You'll be feeling this one!*

Single-arm Medicine Ball



*A bit more advanced. Do one set with one arm on a medicine ball; repeat with the other arm. You'll be hitting the arms, pecs and shoulders.*

Clap Pushup



*Even more advanced! At the peak of your pushup, push off the ground and clap in midair. This will improve your explosive power and pump up your chest.*

**Now get pushing!**