

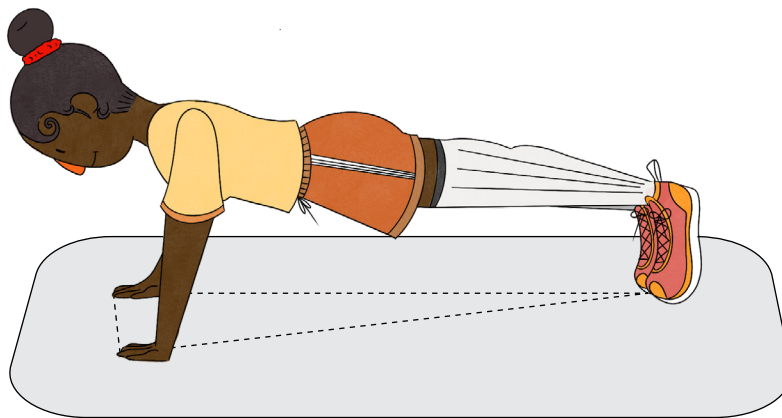


# 10 PUSH-UP WORKOUTS TO TRAIN FULL-BODY STRENGTH

## DRILL 01 STANDARD PUSH-UP

- 01 Place hands slightly past shoulder-width
- 02 Lower down, keeping elbows back
- 03 Just before touching the ground, push up

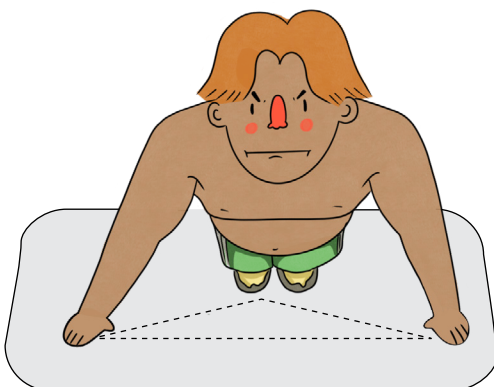
Form Check: Back straight, core and glutes engaged



## DRILL 02 WIDE PUSH-UP

- 01 Start with hands slightly further than shoulder-width
- 02 Keep elbows pointing back while lowering down
- 03 With chest slightly off the ground, push up

Form Check: Back straight, core and glutes engaged



## DRILL 03 NARROW PUSH-UP

- 01 Place hands directly below the shoulders
- 02 Lower down, keeping elbows in tight
- 03 Push up, driving with your triceps

Form Check: Narrow footing adds more challenge





# 10 PUSH-UP WORKOUTS TO TRAIN FULL-BODY STRENGTH

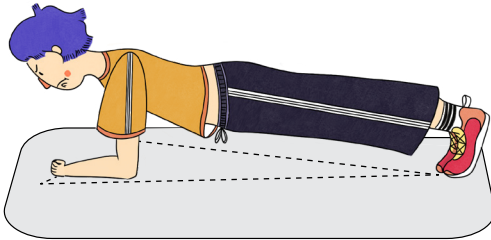
## DRILL 04

### UP AND DOWN PUSH-UP

- 01 Start in standard push-up position
- 02 One arm at a time, lower into forearm plank
- 03 Engaging the core, return to push-up position

Form Check: Alternate arms each rep

DIFFICULTY LEVEL



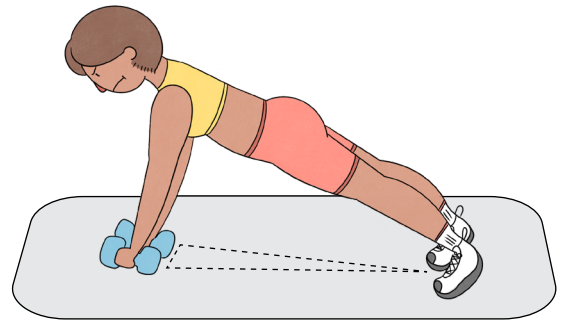
## DRILL 05

### PUSH-UP ROW

- 01 Gripping weights, perform a standard push-up
- 02 At the top, perform a one-arm row
- 03 Repeat, alternating arms each time

Form Check: Wider footing adds stability

DIFFICULTY LEVEL



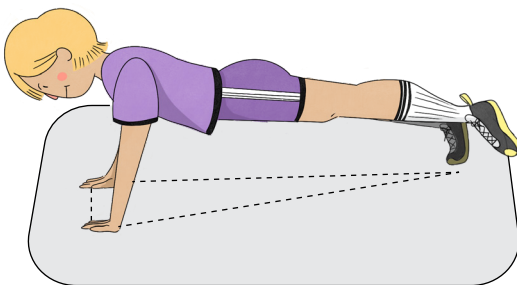
## DRILL 06

### SINGLE LEG PUSH-UP

- 01 In standard position, raise leg in line with glutes
- 02 Engaging core and glutes, complete a push-up
- 03 Without dropping your leg, repeat

Form Check: Alternate legs between sets

DIFFICULTY LEVEL



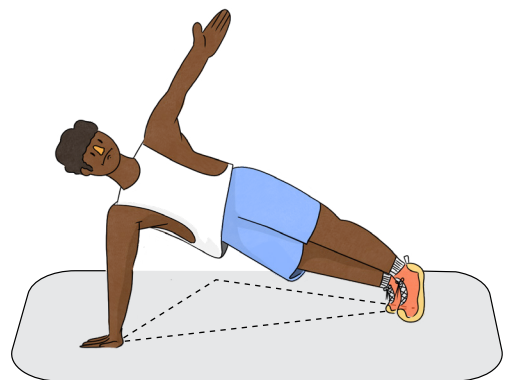
## DRILL 07

### ROTATIONAL PUSH-UP

- 01 Complete a standard push-up
- 02 At the top, shift weight to one hand and twist open
- 03 Reach to the sky before returning to push-up

Form Check: Alternate sides per rep

DIFFICULTY LEVEL



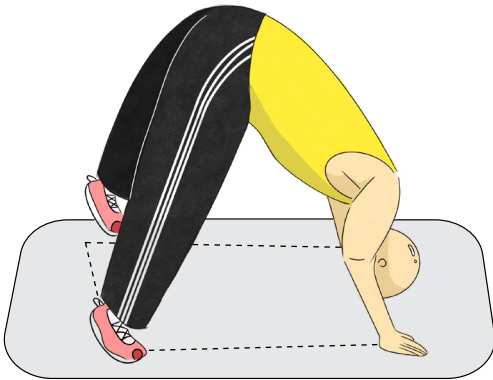


# 10 PUSH-UP WORKOUTS TO TRAIN FULL-BODY STRENGTH

## DRILL 08 PIKE PUSH-UP

- 01 Hands wider than shoulders, shoot hips skyward
- 02 Bend elbows to lower your head toward the ground
- 03 Just before the ground, push up to starting position

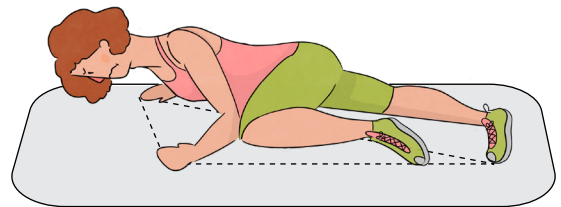
Form Check: Keep hips up and elbows pointing out



## DRILL 09 CLIMBER PUSH-UP

- 01 Start off with a standard push-up
- 02 While lowering, bring one knee to the elbow
- 03 Push up, returning leg to starting position

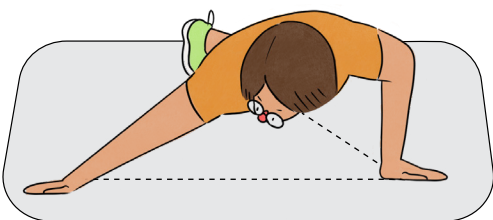
Form Check: Alternate legs each rep



## DRILL 10 ARCHER PUSH-UP

- 01 Hands wider than shoulders, point fingers out
- 02 Shift to lower down on one arm, extending the other
- 03 Push up from working arm and shift to the other side

Form Check: Keep working elbow close to ribs



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