

Improving Push-ups

Elevated Hand Push-ups In order to increase strength for push-ups, elevated hand push-ups are a great starting point. The key is to find a height that allows your child to do 12 push-ups with good posture. For some people it might be a wall to lean against to perform the push-ups. Stand with feet a few feet away from the wall with hands on the wall at shoulder height. Attempt to do 12 push-ups. If you are successful then find a surface that is immovable and lower to attempt more pushups. When you find a height where you can maintain good posture (straight line from the head to the heels of the feet) and perform less than 12 push-ups that is the starting point. Do three sets of 12 push-ups to fatigue. Do not allow the form to change. Keep perfect posture. When you can do three sets with perfect form then it is time to find the next lower elevation for the hands until you are able to do full floor push-ups with good form. You will be surprised how quickly you will progress.

Other activities that will help build upper body strength and endurance are bear crawls, inch worm walk outs and squat thrusts.

Below are some examples of hand elevated push-ups demonstrated by Mr. Kaylor.



