

## Level Three: Floor Push Up

The floor push up allows for a number of progressions, using levers, depth and instability to overload this movement. The progressions in this movement are as follows (move user forward when 12 can be completed with strict form).

1. On knees
2. On Feet
3. Raised Feet
4. BOSU Ball

### Teaching Points

- Start with hands on the floor, just wider than shoulder width position, just below shoulder level
- Assume the starting position with the elbows locked, with a straight line running between your ankles, hips and shoulders, toes on the floor
- The spine must stay in a straight line, so lead with the chest to the floor, neck stays in line with the spine
- Engage the core
- Lower yourself until the chest is just above the floor, pause and push back to the start



### Target Muscles

**Primary Muscles:**  
pectoralis major, anterior deltoid, triceps

**Secondary Muscles:**  
rectus abdominus, transverse abdominus, erector spinae, rhomboids

### Look out for:

hips sticking up in the air, dropping just the head to the floor, spinal alignment, rotation of the shoulders

