
Level Two: Explosive Push Ups

Explosive push ups are a high level exercise as the demands on the body at high speed are massive due to increase in gravity and control. These are generally used only for athletes who require explosive power (Martial Arts / Boxing / Throwing sport).



Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, triceps

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

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
- Explosively push the hands down into the floor extending the arms as quickly as possible
- As the hands leave the floor clap in front of the body and land with a slight bend at the elbow joint

Look out for: hips sticking out, dropping just the head to the floor, spinal alignment, rotation of the shoulders, pushing the hips up in the air before the hands leave the floor

