



FREE PRESS-UP PDF

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INTRODUCTION



Hey, I'm James, I am your coach while you learn how to master the press up.

Please find the appropriate variation for you, and take your time to watch the videos

And Most importantly, enjoy the process of getting stonger!

INTRODUCTION

The press up is one of the fundamental bodyweight exercises, it's empowering, beneficial, and bloody tough. It's a great performance goal that you can have, however, beware, it takes time and hardwork to master.

This versatile compound bodyweight exercise can be done anywhere, anytime, as it requires nothing, just some floor space, and there are many different variations you can do.

The beauty of the press up is that it can be regressed or progressed which means, if you have this as a goal, this PDF will meet you where you are at, and build from there.

HOW TO MAXIMISE THESE PDFS

Read the points and watch the videos, the videos are the most helpful part.

Try the exercises to see where you sit.

With the press up, start slow and simple and build from there, let's build that tolerance.

PROGRAMMING

HOW TO PROGRAM:

Ideally you want to be doing this twice a week minimum, it's a skill, it needs to be practiced, and also its something you can do anywhere.

SETS:

Roughly 3 or 5 sets, this comes down to your training age and what you can tolerate.

REPS:

Anywhere between 1 to 8 yet again this will come down to what variation you choose and also what you can tolerate.

FINDING YOUR VARIATION

Once you have found the variation that suits you, stay there for a few weeks, build reps and sets, and then when you think you are ready try and move on the the next variation.

Please remember grasping the press up takes time, but there is definitely a variation in this PDF you can do, GO CRUSH IT!

Straight Arm Plank

EXERCISE 1



VIDEO LINK

[HTTPS://VIMEO.COM/639883758](https://vimeo.com/639883758)

This exercise creates awareness of what goes on at the shoulders, hips and abs, this exercise will help you link them all together, this is also the starting position of a press up.

COACHING POINTS:

-Hands just outside shoulder width, have legs apart too.

-I want you to imagine that the front of your pelvis is trying to touch your belly button(Camel position in video)

-Squeeze quads, glutes and abs as hard as possible CREATE TENSION!

Incline Press Up

EXERCISE 2



VIDEO LINK

[HTTPS://VIMEO.COM/639884875](https://vimeo.com/639884875)

A great introduction to doing press ups, you don't need a gym for this either, we can use kitchen worktops or a set of stairs, this is a great method for being able to loads of reps too.

COACHING POINTS:

- What we learned with the straight arm plank needs to be applied here, keeping that tension throughout (hip and shoulder connection)
- Try to relax while doing this, focus on breathing with each rep.
- Whatever you use for this don't start too low, we will work up to that.

On Knees Press up

EXERCISE 3



VIDEO LINK

[HTTPS://VIMEO.COM/639885689](https://vimeo.com/639885689)

Some of you may be starting from this point, which is great!! This will be taxing, keep the reps low and aim for more sets.

EXAMPLE:

5x3 reps, with a 90 second rest in between

COACHING POINTS:

- Hands outside shoulder width.
- Tuck that pelvis under before going down.
- Create that full body tension, squeeze everything.

Eccentric Press UP

EXERCISE 4



VIDEO LINK

[HTTPS://VIMEO.COM/639886844](https://vimeo.com/639886844)

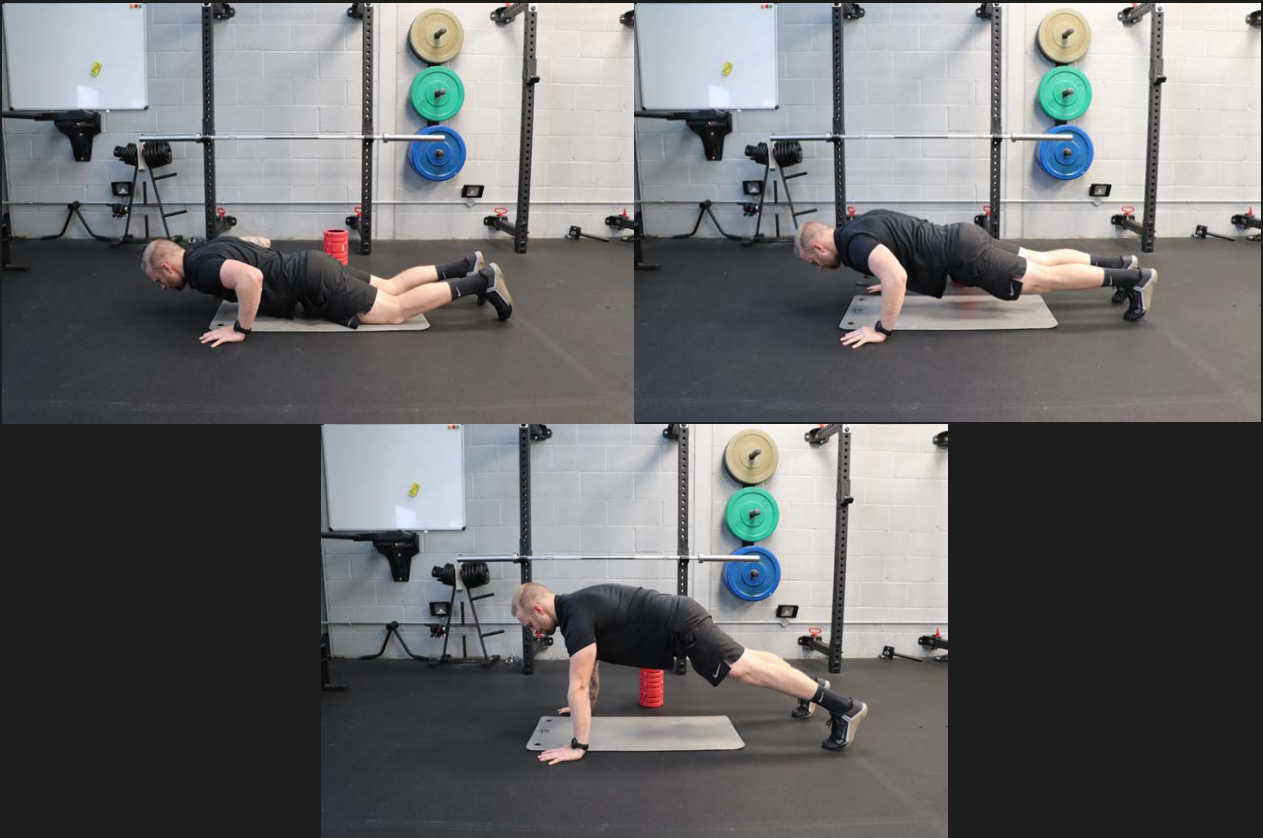
So with this we are starting at the top and just going down under control and then relaxing at the bottom, the key to this is not to push yourself back up, we are only focussing on the lowering part.

COACHING POINTS:

- Hand and feet shoulder width apart.
- Keep you the reps low.
- Big breath in, squeeze and descend down.
- When you get to the bottom fully relax and go again.

Press Up From The Floor

EXERCISE 6



VIDEO LINK

[HTTPS://VIMEO.COM/639886302](https://vimeo.com/639886302)

So now the opposite from the last exercise, we are starting from the ground up.

COACHING POINTS:

- Hands and feet in the right place.
- Squeeze quads, glutes and abs create that tension before pushing up.
- Don't lower back down under control, get down without wasting any energy.

The Press Up

EXERCISE 7



VIDEO LINK

[HTTPS://VIMEO.COM/639887491](https://vimeo.com/639887491)

WE ARE HERE!!!!

We should have all the tools now for success, as long as we spent enough time doing the other exercises, i've also included the foam roller version for those people who just can't get low enough, you can literally use anything for that.

COACHING POINTS:

-Hands and feet in the right place.

-Big breath in and do everything you have been taught, shoulders, hips and abs squeeze bloody everything.



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