

Chest/Core/Arms Workout – 9 Push-up Variations and Burnout

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You will do 10 reps of each #1-9, taking an approximate 15-20 second rest between sets, then repeat 10 reps of each #1- 9 (15-20 rest between sets), and finish with standard push-ups to failure.

Stretch for 3-4 minutes

- 1. Standard Push-ups**
- 2. Wide-fly Push-ups**
- 3. Military Push-ups** – arms in close to sides and elbows come back towards you.
- 4. Diamond Push-ups** – from push-up position, bring hands together so thumbs and index fingers touch. Align hands directly below heart. Elbows will flare out during push-up.
- 5. Staggered Push-ups** – from standard push-up position, place one hand slightly more forward than the other and focus weight on that side. Switch hands after every two reps.
- 6. Plate/sliding Push-ups** – with a gliding plate (linked above), glide into a wide push-up, focusing weight on whichever arm you moved outward. Switch hands after every two reps.
- 7. Under-the-fence** – do a wide-fly push-up, simulating going back and forth underneath a fence. To modify, do NOT go back underneath fence.
- 8. Clap Push-ups** – feet wide for stability, arms in standard push-up position, and toes stay on the ground throughout. Push off the ground with substantial force and clap your hands, then catch yourself before you face-plant (key to success).
- 9. Plyo Push-ups** – Like clap push-ups, but your toes will also come off the ground.
- 10. Standard Push-ups** – do as many as possible until failure.

Stretch for 3-4 minutes