

# UPPER BODY

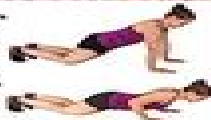
## Body Weight Exercises

### PUSH UPS

#### KNEELING PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### STANDARD PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.

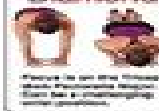


#### ALTERNATE HAND POSITIONS

##### Standard



##### Diamond



##### Yoga



#### INCLINE PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Place hands on a surface higher than your feet. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### SHOULDER TAP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the Standard Push-Up position and lower yourself to the floor. Push up, then tap your right hand to the floor on the right side. Lower and repeat on the other side.



#### SCORPION

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in a Standard Push-Up position. As you lower, lift one foot off the floor and bend at the knee. Lift the foot as high as you can without touching the floor. Push back up to the starting position. Repeat on the other side.



#### DECLINE PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in an upper push-up position with your hands on the floor. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### CLAPPING PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the Standard Push-Up position and lower yourself to the floor. Push up, clapping your hands together in front of your chest. Push back up to the starting position. Repeat.



#### SPIDERMAN PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in a Standard Push-Up position. As you lower your body, lift one foot off the floor and bring the knee to the chest. Push back up to the starting position. Repeat on the other side.



#### PUSH UP WALK OUT

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper position of the Standard Push-Up. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### HOVER PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the Standard Push-Up position. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### SHOULDER PRESS

**Anterior: Deltoids, Biceps, Triceps, Erector Spinae, Abdominals, Hip Flexors**

Start in a Standard Push-Up position. Push up, then press your hands straight up over your head. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### HEADSTAND PRESS

**Anterior: Deltoids, Biceps, Triceps, Erector Spinae, Abdominals**

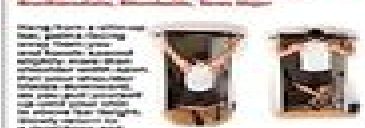
Start in a Standard Push-Up position. Push up, then press your hands straight up over your head. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### PULL UPS (wide)

**Latus Dorsi, Biceps, Triceps, Erector Spinae, Abdominals, Hip Flexors**

Hang from a pull-up bar with your arms straight. Pull your body up until your chin is over the bar. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Repeat.



#### CHIN UPS

**Latus Dorsi, Biceps, Triceps, Erector Spinae, Abdominals, Hip Flexors**

Hang from a pull-up bar with your arms straight. Pull your body up until your chin is over the bar. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Repeat.



#### SUPINE PUSH UP

**Posterior: Triceps, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### TRICEP DIPS (BENT LEGS)

**Triceps, Pectorals, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### TRICEP DIPS (STRAIGHT LEGS)

**Triceps, Pectorals, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### TRICEP DIPS (BENT LEGS)

**Triceps, Pectorals, Deltoids, Anterior: Pectorals, Latissimus Dorsi, Erector Spinae, Abdominals, Hip Flexors, Glutes & External Obliques**

Start in the upper push-up position with your hands directly under your shoulders, arms straight, head, neck, and spine in a straight line. Lower your body by bending your elbows, keeping your back straight, hips and feet together. Push back up to the starting position. Repeat.



#### Safety Rules:

1. Always use proper form and technique.
2. Stop if you feel pain or discomfort.
3. Consult a doctor if you have any medical conditions.

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# Bodyweight Training Poster Chart Upper

**Bret Contreras**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Bodyweight Training Poster Chart Upper:**

**Men's Health Total Body Workout Poster Book** Editor's of Men's Health, 2003-10-24 Men's Health Total Body Workout Poster Book Sculpt an Amazing Physique in as Little as 20 Minutes a Day A different kind of pinup Men's Health magazine's legendary workout posters have appeared on some of the finest walls in America from the home gyms of the rich and famous to the dorm rooms of the young and ambitious Wherever muscle is built wherever a man's thoughts turn to exercise and self improvement that's where you'll find these posters Now for the first time Men's Health has collected 24 posters in one book Inside you'll find Super effective total body muscle building routines for both beginner and advanced exercisers A total body fat loss workout to take inches off your waist in just 4 weeks Turn on the Power a 6 month program to add hundreds of pounds to your bench press squat and deadlift Six 20 minute workouts showing you how to pump up lean out or even fix a bad back in less time than it takes to watch your favorite sitcom An all ab workout featuring eight unique exercises we bet you've never tried Our Total Body Workout series with 10 posters full of fresh innovative exercises to add solid muscle to your chest back shoulders and biceps Every fully illustrated poster features easy to follow simple to understand exercise routines designed by the top trainers and strength coaches in the world So what are you waiting for With 24 classic workouts to choose from you'll never run out of exciting effective new routines to help make you leaner stronger and healthier guaranteed

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