

Exercise Spotlight

Pushup [Incline, Smith Machine]

Muscles Worked	- Pectorals, Triceps, Deltoids, Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none">- Develop strength, power, and flexibility through the upper body- Progress towards performing a traditional pushup from the floor- Improve your ability to execute a wide variety of pushup variations
Precautions	- When setting up on a Smith Machine, be sure to set the bar at a height that is appropriate for your current fitness level. Setting the bar in a higher position will result in a lower degree of difficulty, while setting the bar in a lower position will result in a higher degree of difficulty
Instructions	<ul style="list-style-type: none">- Position your hands slightly wider than shoulder-width apart on the Smith Machine, place your feet an appropriate distance away, set your posture, and stiffen your midsection- Inhale as you descend until your elbows reach an approximate ninety degree bend, then exhale as you push yourself back to start position- Ensure that your body moves as one unit, with the entire length of the spine remaining in a neutral position and the core engaged throughout- Repeat for a desired number of sets and repetitions

Start and Finish

Mid Point

