

how to do push ups

how to do push ups is a fundamental bodyweight exercise that offers a comprehensive upper body workout. This article will guide you through the proper technique, common mistakes, variations, and benefits, empowering you to master this effective strength-building movement. We'll explore everything from the basic form to advanced modifications, ensuring you can perform push-ups safely and efficiently, whether you're a beginner or looking to enhance your current routine. Understanding the mechanics is key to unlocking the full potential of this versatile exercise for building strength, endurance, and muscle definition across your chest, shoulders, and triceps.

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Understanding the Basic Push Up Form

The classic push up is a compound exercise that primarily targets the pectoral muscles, anterior deltoids (front of the shoulders), and triceps brachii. Proper form is paramount to maximize effectiveness and prevent injuries. Begin by positioning yourself on the floor in a plank-like stance. Your hands should be placed slightly wider than shoulder-width apart, fingers pointing forward or slightly outward. Your body should form a straight line from your head to your heels, engaging your core to prevent your hips from sagging or rising too high. This stable base ensures that the work is distributed effectively across the intended muscle groups.

To initiate the movement, inhale as you slowly lower your chest towards the floor. The motion should be controlled, with your elbows bending and tucking slightly towards your body, forming approximately a 45-degree angle. Avoid letting your elbows splay out wide, as this can place undue stress on your shoulder joints. Your chest should aim to get as close to the floor as possible without touching it. Maintaining that rigid body line throughout the descent is crucial for proper muscle engagement and preventing strain.

Once your chest is near the floor, exhale forcefully as you push yourself back up to the starting position. Focus on engaging your chest and triceps to drive the upward movement. Your arms should extend fully, but avoid hyperextending your elbows at the top. Continue to keep your core tight and your back straight. The entire movement should be fluid and controlled, emphasizing quality of repetition over quantity. Aim

for a consistent tempo, allowing you to feel the work in your target muscles.

Common Push Up Mistakes to Avoid

Several common errors can hinder progress and increase the risk of injury when performing push-ups. One of the most frequent mistakes is a lack of core engagement, leading to a sagging or arched back. This compromise in form shifts the load away from the chest and shoulders and places excessive strain on the lower back. Always focus on bracing your abdominal muscles as if you were preparing for a punch. Maintaining a straight line from head to heels is non-negotiable for effective push-ups.

Another prevalent error is allowing the hips to rise too high, transforming the exercise into a partial movement that doesn't fully engage the chest muscles. This often happens when individuals are unable to complete a full range of motion. Similarly, letting the hips drop too low can also be detrimental. The goal is a consistent, unbroken line, meaning your entire body moves as a single unit. If you find yourself struggling to maintain this, it might be time to consider easier variations.

Elbow positioning is also a critical area where mistakes are often made. Allowing the elbows to flare out excessively to the sides puts significant stress on the shoulder joint and rotator cuff. Ideally, your elbows should remain tucked closer to your body, forming roughly a 45-degree angle with your torso at the bottom of the movement. This safer angle targets the chest and triceps more effectively while protecting your shoulders. Observing your form in a mirror or having someone watch you can help identify and correct these common errors.

Progressive Steps for Doing Push Ups

For individuals new to push-ups, starting with modified versions is essential for building the necessary strength and technique. The easiest entry point is the wall push up. Stand facing a wall, about arm's length away, and place your hands on the wall at chest height, slightly wider than shoulder-width apart. Lean forward, bending your elbows, and bring your chest towards the wall. Push back to the starting position. This allows you to get a feel for the movement with significantly reduced body weight.

Once wall push-ups become comfortable, progress to incline push-ups. Find a stable elevated surface, such as a sturdy table, bench, or counter. Place your hands on the edge of the surface, shoulder-width apart, and step back so your body is at an angle. Lower your chest towards the edge and push back up. The higher the surface, the easier the exercise. As you get stronger, gradually use lower surfaces until you can perform them on the floor.

Another highly effective modification for beginners is the knee push up. Start in a standard push-up position, but rest your knees on the floor instead of your toes. Ensure your body still forms a relatively straight line from your head to your knees, engaging your core. Lower your chest towards the floor by bending your elbows, then push back up. This variation significantly reduces the amount of body weight you need to lift, allowing you to build strength in the correct movement pattern. As your strength increases, you'll find yourself naturally progressing to full push-ups.

Variations to Challenge Your Push Up Routine

Once you've mastered the basic push up, introducing variations can provide new challenges and target muscles in slightly different ways. The diamond push up, for instance, places your hands directly beneath your chest, forming a diamond shape with your thumbs and index fingers touching. This variation places a greater emphasis on the triceps and the inner chest muscles. It's a significantly more challenging movement and requires good baseline strength.

The wide-grip push up involves placing your hands considerably wider than shoulder-width apart. This variation targets the outer chest muscles (pectoralis major) and can help develop a broader chest appearance. However, it also places more stress on the shoulder joints, so it's important to have solid shoulder stability before attempting this variation. Always focus on controlled movements and listen to your body.

Another effective variation is the decline push up, where your feet are elevated on a bench or step higher than your hands. This shifts the emphasis to the upper chest and shoulders. The higher your feet are elevated, the more challenging the exercise becomes. For those looking to increase the explosive power, plyometric push-ups, such as clapping push-ups, involve pushing off the ground with enough force to lift your hands, allowing you to clap your hands together before landing and continuing the movement. These advanced variations are excellent for increasing strength, power, and muscle development.

Benefits of Regularly Performing Push Ups

The benefits of incorporating push-ups into your fitness routine are numerous and far-reaching. Primarily, push-ups are an excellent compound exercise that builds significant upper body strength. They effectively target major muscle groups in the chest, shoulders, and arms, contributing to overall muscle tone and definition. This increased strength can translate to improved performance in other physical activities and daily tasks.

Beyond strength, push-ups also contribute to improved core stability. To maintain the proper form, you must actively engage your abdominal and back muscles, which strengthens your core over time. A strong core is vital for posture, balance, and preventing injuries. Furthermore, the rhythmic nature of push-ups

can enhance muscular endurance, allowing your muscles to work for longer periods before fatigue sets in. This is beneficial for both athletic performance and everyday activities.

Push-ups are also a functional exercise, meaning they mimic natural movements. The ability to push your own body weight is a fundamental human capability that translates to numerous real-world scenarios. Moreover, as a bodyweight exercise, push-ups require no special equipment, making them accessible to perform virtually anywhere, anytime, offering unparalleled convenience for maintaining fitness on the go. Their versatility allows for progression and adaptation, ensuring they remain a valuable part of a fitness program for years to come.

Muscles Worked During Push Ups

The primary muscles targeted by a standard push-up are the pectoralis major (chest muscles). The clavicular head (upper chest) and sternocostal head (lower and middle chest) are both heavily engaged. As you lower your chest towards the floor, these muscles lengthen under tension, and as you push back up, they contract to generate force.

The anterior deltoids, the front portion of your shoulder muscles, play a crucial role in stabilizing the shoulder joint and assisting in the pushing motion. Their involvement is significant, particularly during the concentric (pushing up) phase of the exercise. The triceps brachii, located on the back of your upper arm, are also key players. They extend your elbow, providing the power to complete the upward movement and fully straighten your arms.

Secondary muscles engaged include the serratus anterior, which helps protract and rotate the scapula (shoulder blade), contributing to shoulder stability. The rhomboids and trapezius muscles in the upper back work to stabilize the shoulder blades. The core muscles, including the rectus abdominis (abs) and transverse abdominis, are continuously activated to maintain a straight, rigid body line, preventing the hips from sagging or rising. This integrated muscle activation makes the push-up a highly effective full-body exercise, despite its primary focus on the upper body.

How to Improve Your Push Up Performance

Improving your push-up performance requires a consistent and strategic approach. First and foremost, focus on mastering proper form. Even with a lower number of repetitions, perfect execution will build strength more effectively and safely than performing many sloppy push-ups. Pay attention to your body alignment, core engagement, and elbow positioning. If you can't do a full push-up with good form, continue to practice variations like knee push-ups or incline push-ups until you build the necessary strength.

Gradually increase the volume and intensity of your workouts. Once you can comfortably perform a set number of push-ups with good form (e.g., 10-15), try to increase the number of repetitions per set or the number of sets you perform. You can also incorporate more challenging variations as discussed earlier. Consider incorporating progressive overload by adding resistance, such as wearing a weighted vest, or by increasing the time under tension for each repetition (slower negatives, for example).

Incorporate other complementary exercises into your training regimen. Strengthening supporting muscle groups, such as the back muscles (rows, pull-ups) and shoulders (overhead presses), can improve your overall pushing power and stability. Core strengthening exercises are also vital. Adequate rest and recovery are equally important; allow your muscles time to repair and rebuild between workouts. Proper nutrition, including sufficient protein intake, supports muscle growth and recovery. By consistently applying these principles, you will see a noticeable improvement in your push-up capacity over time.

FAQ

Q: How many push ups should I do to see results?

A: The number of push-ups needed to see results varies significantly based on your starting fitness level, consistency, and the specific goals you have (e.g., strength, endurance, muscle gain). For beginners, aiming for 3 sets of as many repetitions as possible with good form, 2-3 times per week, is a good starting point. As you get stronger, gradually increase the reps or sets, or move to more challenging variations. Focus on progressive overload – consistently challenging yourself slightly more each week.

Q: What is the best way to increase the number of push ups I can do?

A: To increase your push-up count, consistency and progressive overload are key.

- Practice regularly, aiming for 2-3 sessions per week.
- Focus on perfect form to maximize muscle engagement and prevent injury.
- Incorporate variations: start with knee or incline push-ups if you can't do full push-ups, and progress to diamond or decline push-ups as you get stronger.
- Increase volume: add more repetitions per set or more sets.
- Incorporate other upper body and core strengthening exercises.
- Allow for adequate rest and recovery between workouts.

Q: Can doing push ups help me lose weight?

A: While push-ups are an excellent exercise for building muscle and increasing your metabolism, they are not a direct weight-loss exercise on their own. Weight loss primarily occurs when you consume fewer calories than you burn. However, by building muscle mass, push-ups can increase your resting metabolic rate, meaning you burn more calories even at rest. Combined with a calorie-controlled diet and other cardiovascular exercises, push-ups can be a valuable component of a weight-loss strategy.

Q: My wrists hurt when I do push ups, what can I do?

A: Wrist pain during push-ups can stem from a few issues, including poor wrist positioning, lack of flexibility, or insufficient conditioning.

- Ensure your wrists are straight and aligned with your forearms, not bent backward at an extreme angle.
- Try using push-up bars or dumbbells, which allow for a more neutral wrist position.
- Warm up your wrists with gentle rotations and stretches before exercising.
- Strengthen your forearm and wrist muscles with exercises like wrist curls.
- If pain persists, consult a healthcare professional or physical therapist.

Q: How can I make push ups easier if they are too difficult?

A: If standard push-ups are too challenging, you can make them easier by performing modified versions that reduce the amount of body weight you need to lift.

- **Wall Push-Ups:** Stand facing a wall and place your hands on it at chest height. Lean forward and push back.
- **Incline Push-Ups:** Place your hands on an elevated surface like a sturdy table, bench, or stairs. The higher the surface, the easier the push-up.
- **Knee Push-Ups:** Perform push-ups with your knees on the floor. Ensure your body maintains a straight line from head to knees.

Gradually progress to harder variations as your strength improves.

Q: What muscles are primarily worked during a standard push up?

A: A standard push-up primarily targets several major muscle groups in the upper body. The main muscles worked are the pectoralis major (chest muscles), the anterior deltoids (front of the shoulders), and the triceps brachii (back of the upper arm). Additionally, the core muscles (abdominals and lower back) are engaged to stabilize the body, and smaller stabilizing muscles in the shoulders and back are also activated.

Q: How often should I do push ups?

A: For optimal results and muscle recovery, it's generally recommended to perform push-ups 2 to 3 times per week, allowing at least one rest day between sessions for the same muscle groups. This frequency provides enough stimulus for muscle growth and strength development while giving your muscles adequate time to repair and rebuild. Listening to your body and adjusting the frequency based on your recovery rate is crucial.

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