

# Your Exercise Routine: Angled Push-Ups

The next exercise we're going to complete is called an Angled Push-Up.

The angled push-up is the next progression from the wall push-up. So, when you have gotten stronger with the wall push-up and it becomes easier for you to do it - almost too easy - then it's time to take the angle down to do your next set of push-ups.

So the tools that you can use that are available, usually around the house, are: a table - which we will use today - a counter top, a bed or a chair. Today we're going to use the table. You just want to make sure that whatever you use is not going to slide out from under you as you push up against it.

The way we're going to execute this exercise is to face the object. Face the table. Place your hands at shoulder-width apart against the table, and then step your body backwards so that you are in a straight line.

Now the exercise is executed when you lower your chest down, bending the elbows and push yourself away. Bend down ... and push back. Bend down.

And like with the other exercises, you're going to complete about 10 repetitions and then take a break.

Now you're exercising your upper arm muscles - the triceps, the biceps, your back muscles and your chest muscles, as well as your lower abdominals and your lower back muscles as stabilizers.

Two more ... last one. Awesome.

Very good. Good job.