



EXERCISE PROGRESSION SERIES

PUSH UP

During this time when most of you can't train in the gym, work on some exercises that will make you stronger and help prevent injuries when you do return!

DON'T FORGET TO WARM UP!

Always start with 10 minutes of cardio activity to get warmed up. This can be fast-paced walking, slow jogging, biking – anything to get your heart pumping a little and your muscles warmed up.

PICK YOUR STARTING LEVEL

This will depend on your current strength and fitness level. It's okay to do one exercise at the basic level and another at the intermediate or advanced levels. Focus on form! Make sure your form is correct as you are doing the exercises.

- **Younger children** (approx. 8 and under) should start with the basic level. When they can do that level with perfect form, they should progress to the intermediate level.
- **Older children** (approx. 8-12) may start with intermediate-level exercises if they can do them with good form.
- **Teens** may start at the intermediate or advanced levels, depending on their strength. They may need to use different levels for different exercises.

PERFORM THE EXERCISE

You should do enough repetitions of each exercise until you are fatigued. You will know you are fatigued when you can't keep your form or when your muscles are too tired to continue. Do 3 sets of each exercise with at least a 30-second break between each set.

If you can do 20 repetitions without fatigue, move to the next level!



USA GYMNASTICS

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Start in push-up position with your hands in line with your shoulders but about 6 inches wider than shoulder width. Your body should be in a straight line, just like with planks.

BASIC

Incline: Place your hands on a countertop or the arm of a heavy couch (one that won't slide) or on the 2nd or 3rd step of your stairs and do push ups at an angle. Lower the angle as you get stronger until you can do them with your hands on the floor.



INTERMEDIATE

Decline: Begin in push-up position with your feet elevated on a stair, on the seat of a heavy chair (that won't slide), or on your bed. Increase the height of your feet as you get stronger



ADVANCED

Handstand: Begin in the handstand position. Use a spotter or wall if needed.

