

Upper Body Chest workout with Sam Rodman from Cornish Pirates RFC



Clap Press Up



Explanation

Starting position	Performing the movement	Finishing the movement
Place your hands on the floor Arms straight	Lower yourself down Elbows tucked Once you are and inch off your chest press up explosively While your hands are in the air clap them together Catch yourself back in the starting press up position	Catch yourself back in the starting press up position

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Rest time between sets should be no more than a minute

Beginners – 3 Repetitions for 3 Sets

Intermediate – 6 Repetitions for 3 Sets

Expert – 12 Repetitions for 3 Sets

