

Upper Body Chest workout with Sam Rodman from Cornish Pirates RFC



Diamond Press Up



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Place your hands on the floor</p> <p>Arms straight</p> <p>This time have your left- and right-hand index fingers touching</p> <p>Your left and right thumbs should also be touching forming a diamond shape under your chest</p>	<p>Lower yourself down slowly, keeping your elbows tucked in</p> <p>Your back and shoulders remain flat</p> <p>Go as low as possible or till your chest is an inch off your hands</p> <p>Once in the bottom position press up</p>	<p>Press up vertically with the force going through the palm of your hand</p> <p>Keep your back flat again while pressing up</p> <p>Your elbows should be locked out at the top of the movement</p>

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 – 5 Repetitions for 3 Sets
Intermediate – 10 Repetitions for 3 Sets
Expert – 20 Repetitions for 3 Sets

