

# Upper Body Chest workout with Sam Rodman from Cornish Pirates RFC



## Pike/Jacknife Press Up



### Explanation

Starting position	Performing the movement	Finishing the movement
<p>Get into the normal press up position, arms straight, hands shoulder width apart</p> <p>Now walk your feet in till your body makes an upside-down V</p> <p>Elbows should now be at 45 degrees from the body</p>	<p>Bend the elbows and lower yourself down</p> <p>Once your head is an inch off the ground or as low as you can go.</p>	<p>Push yourself back up to the starting position</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

