

Upper Body Chest workout with Sam Rodman from Cornish Pirates RFC



Press Up



Explanation

Starting position	Performing the movement	Finishing the movement
Place your hands on the floor Have your arms straight Hands shoulder width apart Back flat	Slowly lower yourself down bending the elbows Keep your elbows tucked in all the way down till your chest is an inch off the floor During this movement keep your back flat	Press up vertically with the force going through the palm of your hand Keep your back flat again while pressing up Your elbows should be locked out at the top of the movement

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

