

# BeActive Get Stronger Feel Better

## PUSH UP

Stand a few steps away from your bench (make sure bench is not too low) and place hands out in front on the bench, shoulder width apart. Keeping your elbows tucked to your side and your feet in place, slowly lean forward bringing your chest towards the bench and then back to starting position. Your back should stay straight and your core strong.

This exercise can be modified to make it a bit easier by moving your feet closer to the bench. It can also be modified further by standing up straight with your elbows bent and palms open next to your chest and gently push your palms forward in front of you until your arms are fully extended and then slowly bend your elbows returning your palms back to starting position.



Exercise activity sheets available at [www.mensshed.org](http://www.mensshed.org)  
[www.activestrongerbetter.net](http://www.activestrongerbetter.net) 1300 363 654