



1. There are many variations of the standard pushup. Above is palms flat. Keeping your core straight in line, lower yourself so your elbows are bent at least 90 degrees or more, and then return to start.

2. This position has the person doing pushups on their knuckles. These help strengthen the forearms as well as help keep the wrists strong when accidentally hitting a curved surface (like the edge of a heavy bag).

Pushup Variations



3. These are fingertip pushups. Here the person is using all ten fingertips to support his weight as he does the pushups. Helps increase grip strength.

4. Another variation of fingertip pushups. Here he is using three fingers on each hand with the other fingers in to the palm. Two and one finger pushups are possible with time. For a more difficult version extend the non-supporting fingers outward instead of into the palm.

5. This is the hi-low pushup. One hand is positioned higher above the shoulder plane and one below the shoulder plane. Both hands high and both hands low are variations.

Pushup Variations



6. These are narrow-grip pushups. The index finger and thumb of each hand come together, this helps place more stress on the tricep muscles.

7. This is wide-grip position. These pushups place more stress on the inner chest and front deltoid area.

8. These are back-of-hand, or palm-up position pushups. Fingers can be open or closed into fists.