



THE PRESS UP CHEAT SHEET

LIVERPOOL
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THE PRESS UP CHEAT SHEET

"YOU CAN'T HIRE SOMEONE ELSE TO DO YOUR PUSH UPS FOR YOU"

— Jim Rohn

Thanks for grabbing your copy of 'The Press Up Cheat Sheet' our guide to press ups.

I'm Martin, That's me below at a recent weightlifting competition. I'm the head coach and owner of Liverpool Strength.

We're specialists in all things Strength Training

If you have any questions about training please don't hesitate to reach out to me at: Martin@Liverpoolstrengthco.co.uk



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This Ebook is based on a workshop by Coach Doug, that's him below, pulling a wonderful lifting face, at one of his many powerlifting competitions.

The aim of the workshop was to help our members with their press ups during the corona virus lockdown!



We're going to cover a lot, so let's dive in!

THE PRESS UP

The Press up is a wonderful exercise, which builds strength and muscle in the chest, along with the shoulders, arms, and the abdominals.

Learning to perform them properly is important, and we're going to cover everything you'll need to know in order to perform strict, effective press ups.

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FIRST UP: HAND POSITION

Hand Position is important for a number of reasons

Firstly and probably most importantly, to prevent injuries!

The proper hand position will prevent any injuries, and ensure we're in the strongest position to recruit the most muscle to perform, and get better at the press up itself!

We want to start with hands directly under our shoulders.



From here, we should move our hands a little wider out (roughly another palm width) outside our shoulders.



WE DON'T WANT TO BE SUPER WIDE OR TOO NARROW

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ELBOW POSITION

We want to have our elbows flared out slightly, but only enough to allow us to control ourselves on the downward portion and enable the power to push ourselves back up.

Massive elbow flare, or the elbows travelling outwards and away from our chest can put too much strain on the shoulder, and is not an efficient way of performing the movement, as demonstrated here by Doug, elbows are travelling away from the chest and performing them with this elbow and hand position will put a lot of pressure on the shoulder joint and will become painful.



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Here's a demonstration of the correct elbow position.
Notice how much closer the elbows are to the trunk.



BACK POSITION

Next up, we want to maintain a nice straight line along our back, from our crown all the way down to the ankle.



Maintaining this stops us from loading the wrong part of our body, and ensures we're working the muscles we want to work. Its also means we can develop better core stability.

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From here, we can lower ourselves all the way to the ground, keeping the tension in the chest, shoulders and arms, and making sure that our back is staying nice and straight throughout.



So, thats how we perform a full press up.

But this would be a bit of a short ebook if thats all we covered!

So lets dive in a little deeper.

And a few questions you might have:

What if you can't perform a full press up? What then?

I'm already great at them, how can I make them more difficult?

How can I fit them around my current training?

All great questions, lets dive in!

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If you can't perform a full press up, or can perform one, but struggle to get to five reps have no fear, here's a full guide on how to improve your press up game!

First up,

Press ups on the knees.



This gives us the chance to practice the movement, and work the chest and arm muscles without having to sacrifice our form or tire ourselves out by using our core stability.

Practice makes perfect, so the more reps we're getting in from our knees the better!

The jump from a press up on the knees, to a full press up is quite a big one!

So rather than leaving you there to struggle from the knees to a full one instead we've added a little progression for those who are able to crack out 10 strict press ups on the knees with extreme ease (did you like the poetry there?.....)

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The next progression is the arms elevated press up.

This consists of finding a chair or table to elevate your arms up

You can even use your sofa!

The higher the angle, the easier it will be, so if you're just starting out, then something super high, like a table will work wonders.

Coach Doug is using our kettle bell stand here, the top shelf of which is super high (just under chest height).



A good way to progress is to start with a similar equivalent height, then moving to something which is a little lower.

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As coach Doug demonstrates by moving to the the smaller box.



An at home representation of this could be going from a table height, to the height of a chair.

The same technique rules apply, nice straight back, hands wider than shoulders

A good way to manage progression would like this:

- High Elevation Press up
- Low elevation Press up
- Press up on the knees
- Full Press up

A great way to ensure you're not overdoing any of them is to ensure you can easily do 3-4 sets of 10 super strict reps on each one.

That way you'll be able to practice the movement, and allow your body to develop enough to the demands you're putting it under!

The press up can be a great addition to any training program, as its pretty much a full body exercise the more advanced you become with them.

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Sliding them into your gym based training is quite straightforward.

Adding 4 sets of max press ups to the end of your session.

Alternatively, they're a great way of getting a super quick session in for the occasions that you're a little more pushed for time.

'Cause you don't need any equipment!

A quick session of 3-5 sets of 10-15 reps will get you blowing, and a little closer to your fitness and strength targets!

Happy press ups!

If you have any questions, please don't hesitate to contact me on Martin@Liverpoolstrengthco.co.uk

We're the Liverpool Strength Company. Strength Training is our thing.

ABOUT US

Our coaches have experience in all things strength and conditioning, with over 20 years worth of combined coaching experience.

Martin Kimberley

Head Coach, and specializes in:

- Sports performance
- Weightlifting
- Powerlifting
- Strength Training for health and fitness

Jayne Rigby

Lead Wellness coach, and specializes in:

- Yoga
- Powerlifting
- Strength training for health and fitness

Doug Grimes

Lead Powerlifting Coach, and specializes in

- Powerlifting
- Sports performance
- Strength training for health and fitness

Joe McKale

Lead Olympic Weightlifting Coach, and specializes in:

- Powerlifting
- weightlifting
- Super total
- Strength and Conditioning for performance



ABOUT US

GOT A QUESTION? HIT US UP!

EMAIL:

INFO@LIVERPOOLSTRENGTHCO.CO.UK

FACEBOOK:

THE LIVERPOOL STRENGTH COMPANY

INSTAGRAM:

@LIVERPOOLSTRENGTHCO

Strength Training can be dangerous, the guidance within this ebook is designed to emphasise how to safely train. Please be careful. The Liverpool Strength Company accepts no liability for injury BE CAREFUL.



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Written by Martin Kimberley & Doug Grimes of
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