

I'm Elaine Ewing and I'm going to bring you through a series of five workouts using the push up device. We're going to start from some foundational movements through some basic exercises, all the way to more advanced exercises and we'll take you through all the planes of motion. This exercise series I developed based on exercises around the studio.

So you probably recognize a lot of the positions from exercises you're already familiar with and you can use these to develop your strength for when you work out. Other times when you do your reformer workout or you do your springs workout, or you can use these as standalone workouts.

They also make a great ending to any workout. If you find that you need a little more practice with one of the workouts before you move on to the next one, then you could work out again and repeat it until you feel more comfortable moving on. For these workouts you will need push up bars like these.

So you can see these push up bars are tall, right? You'll also need sticky pads. So ideally you need four sticky pads to go underneath the feet of your push up bars and socks so that you can slide back and forth in between. An extra set of sticky pads is also great to have on hand if you need a little extra grip you're holding onto the push up bars.

And thanks for joining me and I hope that you enjoy this series of five workouts.