

Push Ups .. A Progression



Push-ups are just one upper body exercise .. the important thing is to enhance your strength by **regular** (4-6 times a week) attention to the muscle groups you wish to strengthen.

How? There are 168 hours in every week ... be prepared to offer 30 minutes, every day to your progress

- Day 1:** Start off with an achievable task: say, 2 x 10 (full) push-ups, separated by 5 minutes of stretching, or, another exercise that focuses upon a different muscle group. Day 1: 2 x

e.g. Sit-Ups .. Back Extensions .. see over the page for other ideas and variations.



- Day 2:** Again complete the standard you have attained .. i.e. 2 x 10 push-ups.

- Day 3:** 2 x 11 push-ups.

- Day 4:** 2 x 11 push-ups.

- Day 5:** 2 x 12 push-ups.

- Day 6:** 2 x 12 push-ups.

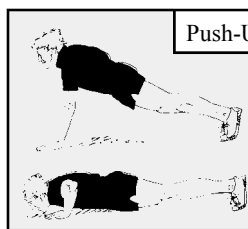
- Day 7:** Rest

- Day 8:** 2 x 13 push-ups.

- Day 9:** 2 x 13 push-ups

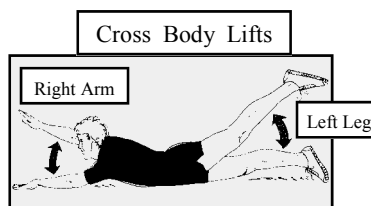
and so on

2 x 50 is achievable



Push-Up Posture

Modified Push-Up may be used; not an easy option, but, check out details.



Cross Body Lifts

After **every** session of Push-Ups, complete a set of Cross Body Lifts .. understand **why** (?)

LUMBAR HOLD & Cross Body Lifts

The athlete is required to hold the position until that position is "altered significantly", or, **four (4) minutes** has elapsed; *establish (and reward) a record holder(s) for each group.*

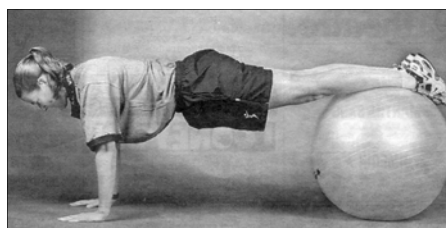
The **Test Position**: lie face down on a comfortable, flat surface; legs extended fully, toes pointed (swimming streamline); feet together; arms extended straight forward, fingers stretched, palm down; face looking directly downward, nose touching the ground; both legs to be raised in a straight streamlined position, with knees well clear of the ground with at least the mid-point of the thigh off the surface. This position is to be held **without variation**.

If the position can be held for four (4) minutes, the (*Tip Top*) swimmer has sufficient strength and muscular endurance to hold an adequate body position in any swimming event.

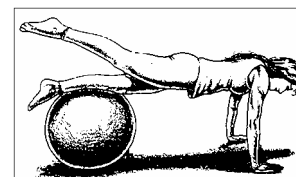
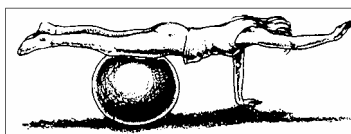
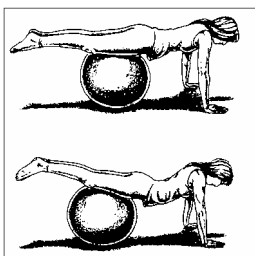
After the test, a series of **cross-body arm-leg lifts** should be completed: **2 x 6-10** .. both sides.

Be Patient
Be Persistent
Regular commitment and patient persistence will yield significant improvement

Apply variations, but not soft options



Keep a simple record (diary) of your endeavours and performances



Sit-Ups: now there's another very common exercise .. variations are countless and necessary; interested in the sit-up progression and variations? A Progression is available.

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Sit-Ups—Abdominals .. A Progression



Sit-Ups are just one exercise .. the important thing is to enhance your strength by **regular** (4-6 times a week) attention to the muscle groups you wish to strengthen.

How?

There are 168 hours in every week ... be prepared to offer 30 minutes, every day to your progress

1. **Day 1:** Start off with an achievable task: say, 3 x 10 (full) sit-ups, separated by 3-5 minutes of stretching, or, another exercise that focuses upon a different muscle group.
 2. **Day 2:** Again complete the standard you have attained .. i.e. 3 x 10 sit-ups.
 3. **Day 3:** 3 x 12 sit-ups.
 4. **Day 4:** 3 x 12 sit-ups.
 5. **Day 5:** 3 x 14 sit-ups.
 6. **Day 6:** 3 x 14 sit-ups.
 7. **Day 7:** Rest
 8. **Day 8:** 3 x 16 sit-ups.
 9. **Day 9:** 3 x 18 sit-ups
 10. **Day 10:** 3 x 20 sit-ups
 11. **Day 11:** 3 x 20 sit-ups
 12. **Day 12:** 3 x 25 sit-ups
- and so on (increase in increments of 5)
3 x 50 is achievable .. and should be maintained

Day 1: 3 x



Each day, apply variations
i.e. 3 different types of sit-ups
(a few examples shown)
Medicine Ball / Brick

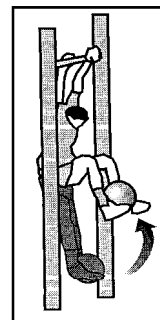
Modified Sit-Up may be used; not an easy option, but, check out details.

Body Position Determines Muscle Recruitment

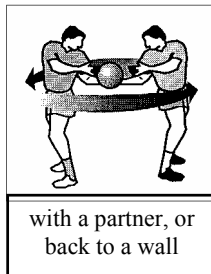
Today is the **Tomorrow**
YOU created **yesterday**



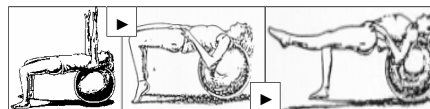
Keep knees bent



Be Patient
Be Persistent
Regular commitment and patient persistence will yield significant improvement



with a partner, or back to a wall



Hold for 3-5 secs.

IF
You make an effort to complete the Progression .. Seek advice on further variations

After **every** session of Sit-Ups, complete a set of Cross Body Lifts .. understand **why** (?)



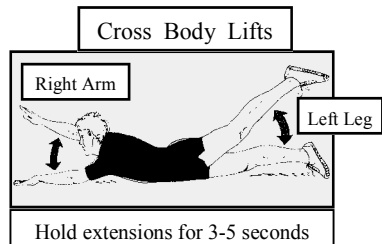
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LUMBAR HOLD & Cross Body Lifts

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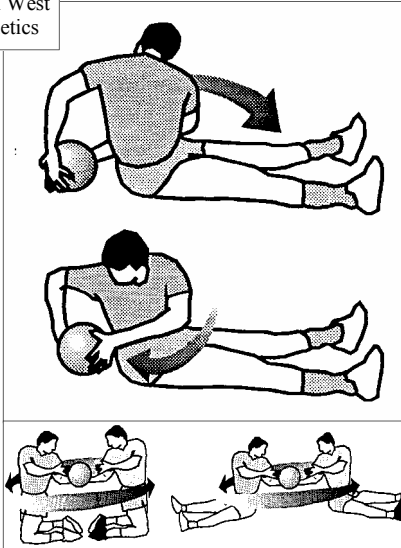


Hold extensions for 3-5 seconds

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Body Position Determines Muscle Recruitment: Work Carefully

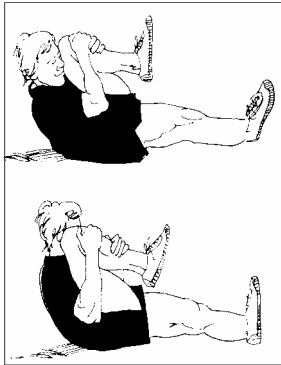
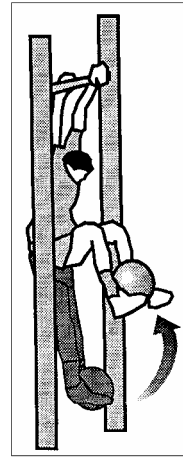
North West Athletics



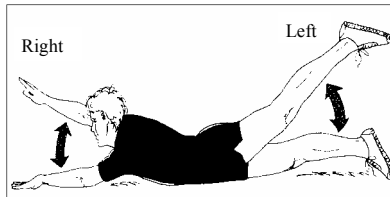
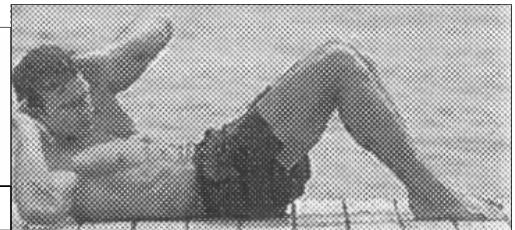
A Progression Program is available

Explore Variations

Relate your event to your activity



Keep knees bent



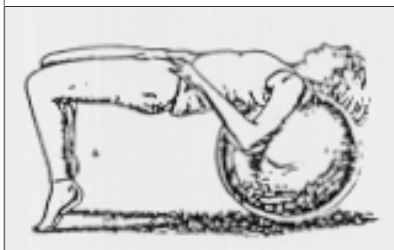
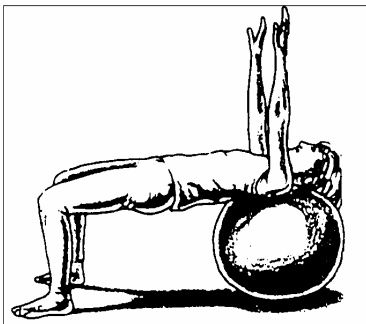
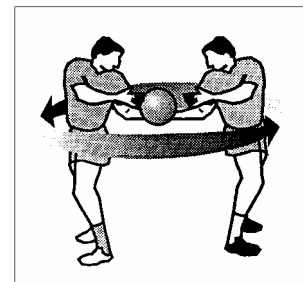
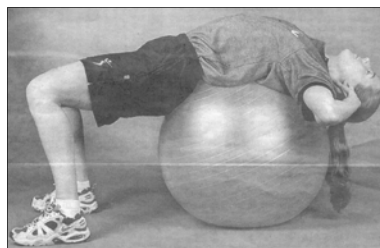
Cross Body Lifts

A Selection of (a few) Abdominal and Back Exercises

Not "the" selection ... "a" selection

Lie face down on a comfortable, flat surface; legs extended fully, toes pointed (swimming streamline); feet together; arms extended straight forward, fingers stretched, palms down; face looking directly downward, nose touching the ground; arms & legs to be raised straight (streamlined), with knees well clear of the ground with at least the mid-point of the thigh off the surface; right arm with left leg / left arm with right leg ..

hold each lift for 3 seconds: 2 x 6-10 Lifts each side



**Careful, precise execution is critical ... Regular activity is essential
The Outcome will be PROGRESSION
The strength, flexibility, and character YOUR commitment develops,
is transferable to many aspects of your life.**