

# Press Up Development

Press ups are best developed by completing variations of press up exercises, like you did in Lesson 1. However, there are specific muscles used within a press up which, when strengthened, would help you to perform press ups more effectively.

## Options for today's lesson:

- Recomplete Lesson 1 (especially if you found it quite challenging) - you will find it in your Google Classroom materials
- Complete the two sessions below

## Part A

Complete **10 repetitions** of the exercises below, taking **30 seconds** rest between exercises. Complete **3 sets** with a 2-minute rest between sets.

*Don't have weights? Use tins, water bottles or fill your school bag with a few items!*



### Floor Press

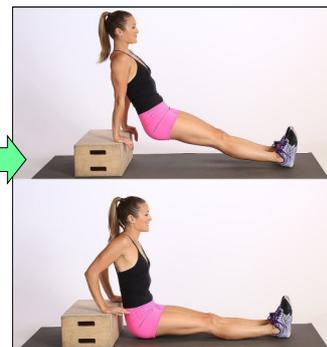
Lying on your back, knees bent with the weight at your chest, elbows bent

Straighten your arms to lift the weight above your chest

### Bench/Chair Dips

Using a chair, step, sofa—place hands shoulder width apart with legs straight (harder) or knees bent (easier)

Bend your elbows to 90 degrees to lower, then push to straighten arms move back up



### Bicep Curls

Hold a weight in each hand, arms by your side

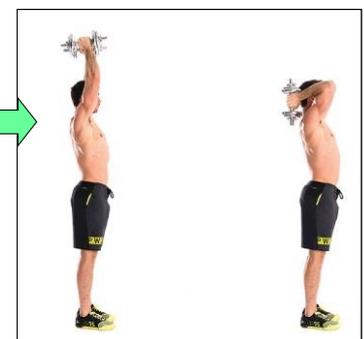
Bend your elbows to bring the weight up towards you

Try to keep your body still when moving the weight (don't swing)

### Tricep Curls

Hold the weight above your head

Bend your elbows to lower the weight behind your head, then straighten your arms to bring weight back



### Overhead Press

Hold the weight at shoulder level

Straighten arms upwards to bring the weight over head

Try and keep your body straight when the weight is above your head (not arching your back)

**Part B**

Complete a circuit with the exercises below

**Black** exercises are if you cannot perform full press ups (option 1)

**Green** exercises are if you can perform full press ups comfortably (option 2)

1

**Elevated Press Ups**

**Decline Press Ups**

2

**High Plank Hold**

**Low Press Up Hold**

8

**Plank Get Ups**

**Plank Get Ups**

7

**Bird Dogs**

**Plank Alternate Lifts**

30 seconds on  
30 seconds off  
2 rounds total  
*Rest 2 minutes  
between rounds*

3

**Overhead Press**

**Pike Press Ups**

6

**Kneeling Press Ups**

**Full Press Ups**

4

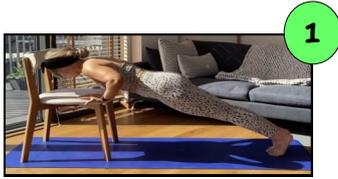
**Dead Bugs**

**Dead Bugs**

5

**Bench Dips (Knees Bent)**

**Bench Dips (Legs Straight)**



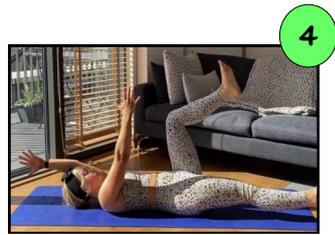
1



2



3



4



5



6



7



8

Enjoyed this way of training? Want to improve your press ups?  
Ask your PE teacher for the full My Fitness Goal Programme for a 6  
week training programme to follow to reach your goal!