Wednesday

All exercise from Week 1, 2 and 3 Wednesday

+ Triceps Push-Ups

- Get into the push-up position from week 1
- Place your hands a little bit narrower, just under your chest
- Bend your arms slowly, while your elbows point backwards, keeping a straight line and engaging the core
- Lower until your nose almost touches the floor
- Then push yourself back up
- Keep your back straight throughout the exercise and avoid an arched back or sticking out your buttocks
- If you can't do normal push-ups yet, you can also keep your knees on the floor

Muscle groups: With your arms closer to your body and your elbows facing backwards, there is more emphasis on the Triceps; chest