



Push or Pull: STRENGTH TRAINING

The concept of pushing and pulling can be used to create a simple yet effective strength training routine. This push/pull idea allows for a balanced workout. First, a muscle or muscle group is chosen, and a set of exercises is performed in a pushing direction. Then immediately after or the next day, the focus is to challenge those muscles in a pull direction. This type of training focuses on how you are moving instead of what parts of the body are moving.



BENEFITS OF PUSH/PULL WORKOUTS:

- Challenge different muscles groups
- Allows for greater recovery
- Decreased risk of overtraining
- Get stronger, faster
- Decreased muscle imbalances
- Decreased risk for injury

EASY PUSH/PULL BODY WEIGHT EXERCISES:

Start with 3x10 reps with 1-2 minutes of rest in between sets.

Push:

Push Up: Start with any variation that feels challenging making sure to keep hips in line with shoulders and low back neutral.

Triceps Dip: Use a chair, bench, or other stable surface, grip the edge next to your hips with fingers pointing forward. Feet hip width apart, heels touching the ground. For increased difficulty move feet further away. Lower yourself until elbows are about 45 degrees and then push back up until arms are almost straight.

Pull:

Pull Up: Start with any variation that feels challenging to you. A beginner step would be an incline pull up/inverted row with a bar or use a TRX strap.

Prone Lat Pull Down: Can be done with or without weight/resistance. Start on stomach with arms outstretched. Core engaged, but legs relaxed. Lift head and chest just barely off the ground. Pull arms down aiming elbows towards pockets.