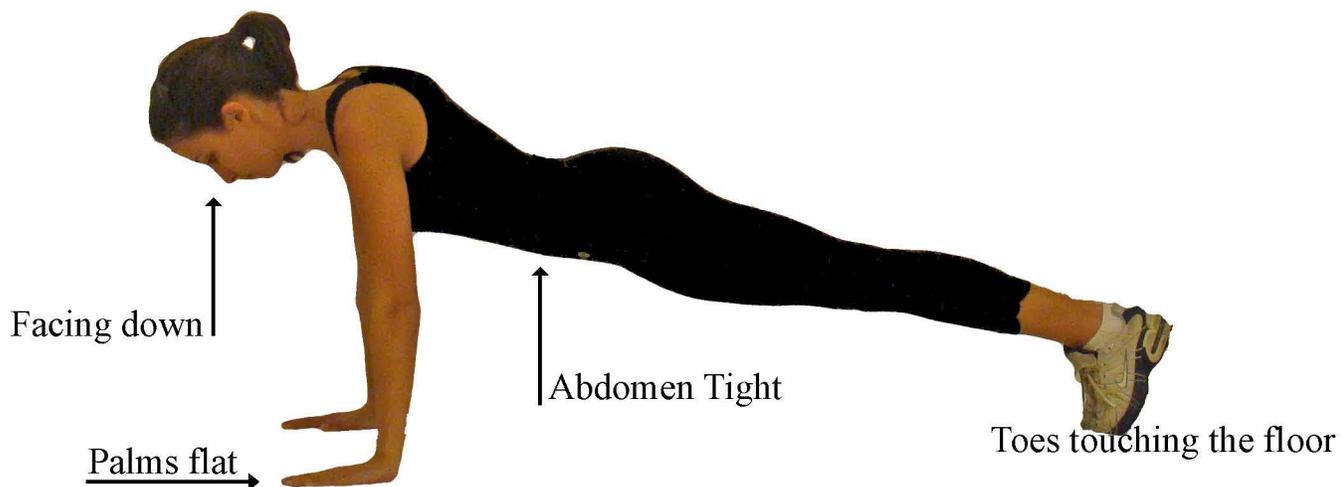
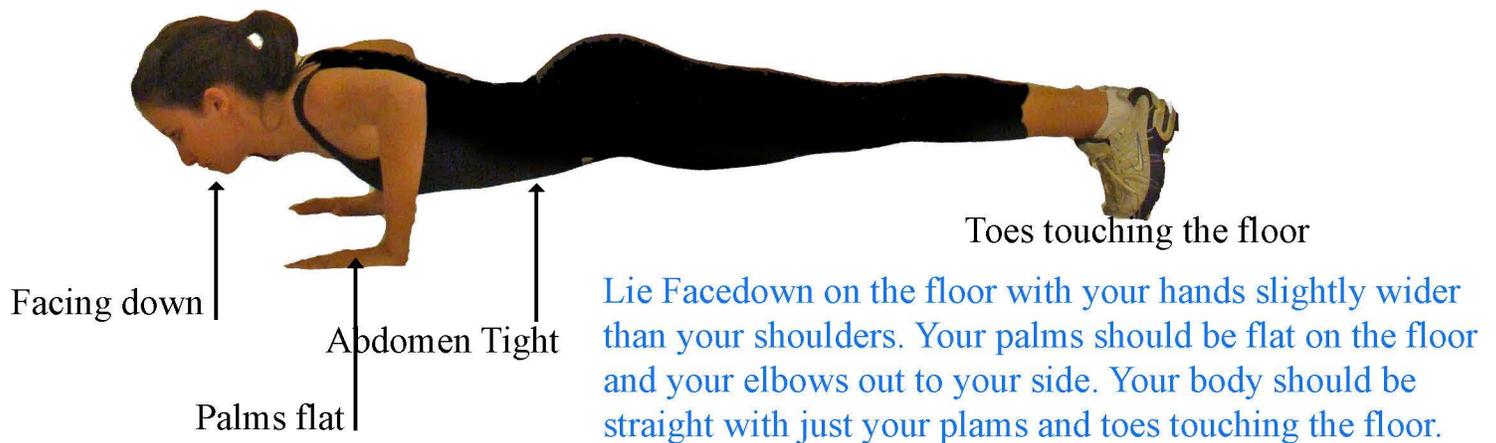


# Push-ups

This exercise mainly works the pectorials and triceps.



Raise your body up by pushing your palms into the floor to fully extend your arms without locking out the elbows at the top. Bring your body toward the floor to complete the movement.