This exercise mainly works the pectorials and triceps.

**Facing down**

**Abdomen Tight**

**Palms flat**

Lie facedown on the floor with your hands slightly wider than your shoulders. Your palms should be flat on the floor and your elbows out to your side. Your body should be straight with just your palms and toes touching the floor.

**Facing down**

**Abdomen Tight**

**Palms flat**

**Toes touching the floor**

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.