

# Diamond Push Ups



## Strength

### HOW TO

- This focuses almost entirely on the triceps
- Kneel down in front of the bench
- Set your hands on the bench with your index fingers and thumbs touching, making a Diamond shape
- Raise your knees so that your weight is on the balls of your feet. Your feet should be set up in a way that feels right and comfortable to you
- Think of your body as one straight line, from the top of your head down through your heels
- Engage your core
- Steadily lower yourself until your elbows are at a 90 degree angle or less. Depending on your level of experience, age and flexibility, 90 degrees might be the lowest you want to go
- Keep your elbows relatively close to your body throughout the movement
- Once you have reached your desired depth, pause before pushing back to return to the starting position
- Repeat



# Diamond Push Ups (continued)



Strength

BEGINNER

Start with your knees on the ground, this will help to build strength

ADVANCED

Do the same exercise on the floor rather than using the bench

