



ALTERNATIVE EXERCISE GUIDE

Whilst we love our push-ups, we understand they aren't for everyone. Here are some alternatives you might like to use. Always seek the help of a health professional before jumping in. Proudly partnering with Exercise and Sport Science Australia to deliver quality fitness content.



AIR SQUATS

Exercise Instructions

- Place your feet shoulder width apart or whatever width is comfortable.
- Inhale, bend your knees and hips to lower your bum. The lower you go, the harder the workout.
- Exhale and stand up straight. This counts as "1 repetition".



EXERCISE ADVICE

Great for those with upper body issues, or less upper body strength, looking for a demanding lower body exercise alternative.



RESISTANCE BAND PUSH

Exercise Instructions

- Sitting with resistance band around the back of your chair.
- Thread the band under your armpits, and hook the handles around your thumbs (if no, handles, just grip the end).
- Push the handles out in front, like you're doing a push-up, and return to your chest.
- Feel free to change the level of resistance band, or replace with light weights.



EXERCISE ADVICE

Great for those unable to stand.

AIR PUNCHES /BOXING

Exercise Instructions

- Seated or standing.
- Hold your hands in fists close to your chest.
- Extend one arm at a time 'punching' the air.
- Complete in an alternating fashion with both or one arm. One repetition is counted as one punch each side (two punches).
- Want to make it harder? Try punching upwards or hold onto a light weight.



EXERCISE ADVICE

- Great for those unable to stand.
- Great for those looking for a lower impact, high exertion alternative to push-ups.

COBRA



Exercise Instructions

- Lay on your stomach, with legs stretched out behind you.
- Place your hands underneath your shoulders.
- Press your hands into the ground to lift your upper body, keeping your lower body touching the ground.
- Lower your upper body, and repeat.

EXERCISE ADVICE

Great for those stretching your abdominals and strengthening your back, shoulders, and triceps.

DOLPHIN

Exercise Instructions

- Start in a low plank position, with your forearms and hands flat on the ground, elbows under shoulders, balancing on the balls of your feet.
- Raise your hips until you create an inverted V (like the downward dog stance).
- Take two breaths at this position before returning to the low plank position.



EXERCISE ADVICE

Great for those strengthening your triceps, shoulder and core muscles. Also a good exercise if you have pain in your wrists.

COMMANDOS

Exercise Instructions

- Start in a high plank position, place your hands underneath your shoulders, spine neutral and balance on the balls of your feet.
- Drop to your forearms by lowering one arm at a time, then push back to your hands.
- Keep your core engaged, hips level, and spine neutral.



TRICEP DIPS

Exercise Instructions

- Find a stable surface to complete the dips (like a chair).
- Sitting on the edge of the bench with your knees at 90 degrees and put your hands either side of your butt (with your fingers facing forward).
- Keeping a straight back, bend your elbows and lower your body towards the floor.
- Press through your hands to raise your body back to the starting position.



STEP UP

Exercise Instructions

- Start by standing behind a bench or step. Step up with the right foot, pressing through the heel to straighten your right leg.
- Bring the left foot to meet your right foot on top of the step.
- Bend your right knee and step back down with the left foot.
- Bring the right foot down to meet the left foot on the ground.
- Repeat movement by alternating the leading leg.



SIT-UP

Exercise Instructions

- Start lying down on your back with your arms by your side, keep your knees bent, and your back and feet flat on the mat.
- Slowly reach your arms forward, lift your torso and sit up.
- Return to the starting position by rolling down one vertebra at a time.





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