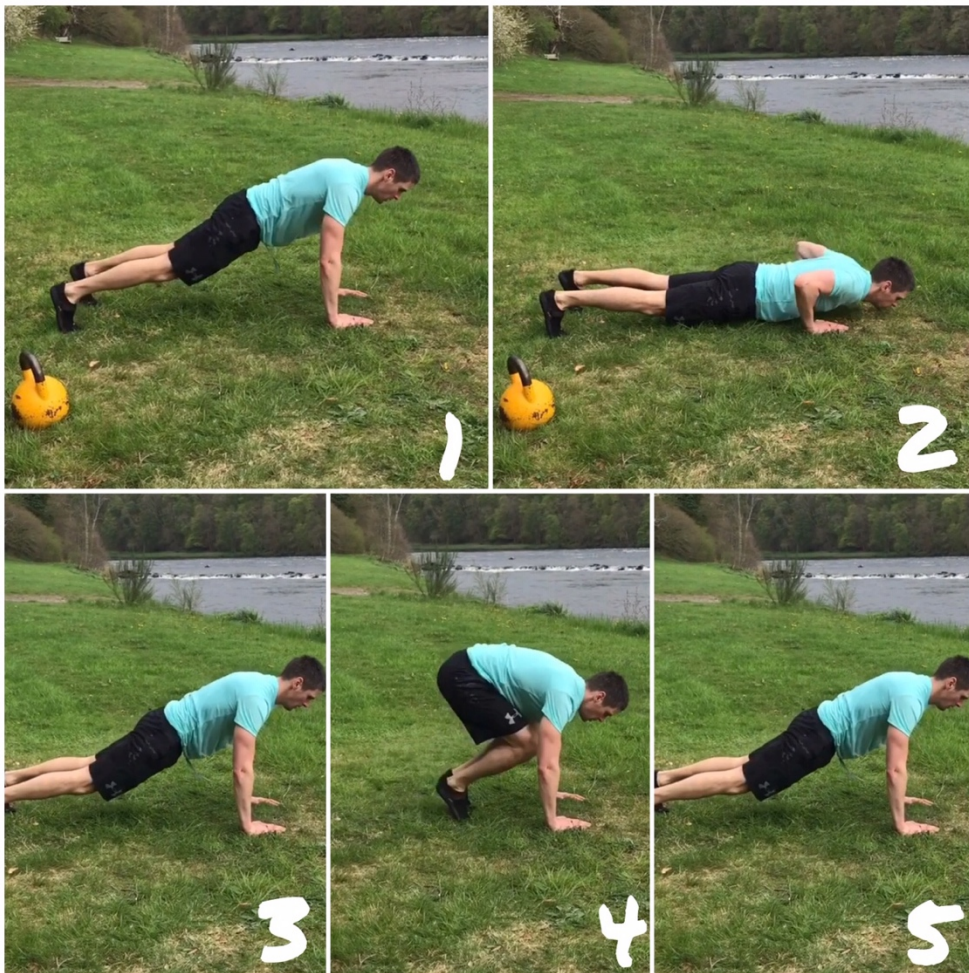


HOW TO PERFORM AN ATOMIC PRESS UP

An atomic press up is where we combine a press up with a squat thrust.

This is a good progression if you have mastered a full press up and are comfortable performing multiple numbers.

This can be done as a from the knees press up and you would need to raise the knees up to perform the squat thrust element, however I highly recommend that you become awesome at press ups to get the full benefits from this.



- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Draw both knees up towards your chest and thrust back out keeping the body in a straight line.

Repeat for the required repetitions.