

# Press Ups

**Benefits:** Traditional pushups are beneficial for building upper body strength. They work the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles.

**Cons:** If press ups are not done with the correct technique them this can lead to injuries for example at the lower back or shoulder pain.

**Recommended:** The total amount you do can vary; doing 300 push ups a day may be more appropriate for people with greater strength. Aim for at least 200 push ups per day on odd days and as few sets as possible.

