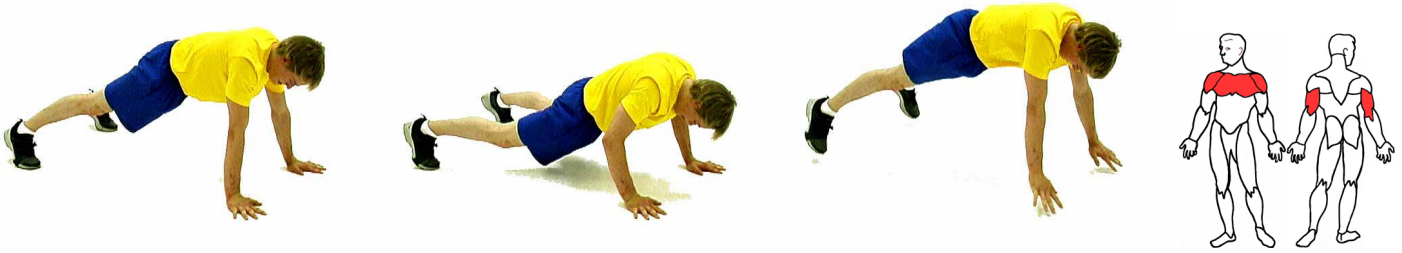


Push up jumps 04791



Tips

Start with the body straight & the hands & feet wide apart.

Lower the chest towards the floor then explosively press up so the hands & feet lift off the ground. Repeat the movements in a continuous fashion.

Maintain a rigid torso & keep the neck in line with the spine.

Cautions

This exercise requires adequate strength to complete safely & correctly.

If you have a history of upper limb injury or related pathologies, seek professional advice prior to commencing this exercise.

Prime Movers

[Pectoralis major](#)
[Deltoid-anterior](#)
[Pectoralis minor](#)
[Coracobrachialis](#)

[Serratus anterior](#)
[Anconeus](#)
[Triceps brachii](#)

Related Exercises

[Kneeling push up jumps 05546](#)
[Kneeling stability push up jumps 04751](#)

Disclaimer

No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.