

Advanced Plyometric Push ups

By Mathew Collins

Bachelor of Science (Sport & Exercise) Diploma of Fitness (Recreation)

Push ups are a fantastic upper body exercise that targets the pectoral muscles, shoulders, muscles of the back of the arm and the body's core (muscles that support the center of the body).

Push-ups require no equipment and yet you can still progress through many advanced stages.

Just on the subject of progressing through exercises that don't require any equipment...at the end of the day, the best piece of resistance equipment we have access to is gravity. Gravity accelerates at 9.8m per second, every second!!!

Gravity is the major resistance utilised with all plyometric exercises.

If we were talking about push-ups as a strength exercise, there are a million progressions you could put your client through. But if your client is looking to improve explosive upper body power (boxer, cricket player, javelin thrower, etc.) then **advanced plyometric push ups (PPU)** are the way to go.

Before you commence, a word of warning, these variations of PPU are very advanced. If your client isn't already performing at least 15 push-ups on the toes with strict form then they are not ready for PPU.

There are three progressions to the PPU.

Level One



L1 is a basic clapping push up, where your client explodes out of a PU to clap their hands together. This movement needs to be quick and explosive because after the clap the client needs to spread their hands back to the starting position just before landing. To progress this exercise just add more reps or use these with a superset (e.g. Bench press + PPU) Once your client has mastered L1, progress them to L2.

Level Two



plus



L2 still incorporates the clap in front, but add to that a clap behind the back. Explode out of the PU into a clap in front and then (whilst still in the air) clap behind the back.

It goes without saying that you have to move fast through this movement.

If you can do 5-10 reps of L2 in a row then you are ready for L3.

Level Three



Plus



Plus



Ok, you've shown your client the clap in front (L1), the clap in front and behind (L2) and now you can progress them to clap in front, clap behind and then another clap in front!

Fast, explosive hands are crucial for this movement.

Emphasise to your client the importance of a big explosive push away from the ground and just as important, doing the claps quickly and efficiently so you have enough time to put the hands back in the landing position and not landing on your face!

Let me stress again, these are ADVANCED level exercises and each progression should only be attempted under the watchful eye of a registered, qualified fitness professional.

Try these yourself and let me know what you think, where to go for L4 and L5 and so on.

Keep intensity high and excuses low.

Matthew Collins

fatburnerspt@hotmail.com

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