



TRAINING ZONE

PRESENTED BY



PUSH-UPS

► DRILL OVERVIEW

- Pushups, as a part of the fitness component in this series, helps you develop the sport specific muscle group to compete at your highest level. You can mix up your pushups by using different surfaces, and by alternating speeds and distance between your hands. Pushups are integral to wheelchair basketball because it will help build the muscles necessary to pick yourself up when your rolled over in practice or a game. The quicker you can get yourself up, the quicker you can get back to helping to your team.

● BEST PRACTICES

- Keep elbows close to your body and lower until they are at a 90-degree angle.

★ MODIFICATIONS

- Beginning push-ups can be done in your chair while pushing away from a wall.
- Make push-ups easier, keep your lower body on the ground.
- Make push-ups more difficult by going slower or wearing a backpack with weight inside.

▲ SAFETY TIPS

- Apply brakes or secure wheels before exercising.
- If you are new to push-ups, avoid lowering all the way to the floor to reduce shoulder strain.