

Push-up Leaning on Smith Machine:

The Movement: Lean as on the smith machine and bend your arm as if you were doing a push-up.

Repetitions or Duration: As many Reps as you can do. Shoot for at least 10–15 Reps.

Equipment Adjustments: Move the bar to different levels for difficulty. The lower the bar the more body weight you'll be carrying.

Form Tips

Start with your hands in the position where the elbows would be bent at a 90 degrees. Lean with a strong core and feet back. Don't droop the hips or stick the rear in the air.

When going down, stop at 90 degrees. When pressing up, think about using the chest muscles.

