

**Nick Tumminello's**

# THE ULTIMATE PUSH-UP WORKSHOP

Reebok    
**ONE**

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## OBJECTIVES

- To discover a smarter way to perform the basic push-up!
- Learn our Top 10 Push Up Variations
- Discover proven Push-Up workouts protocols

**To become a Black-Belt In Push Ups!**




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## WHO THE HECK IS NICK TUMMINELLO?

- Lives in Fort Lauderdale, FL
- Owner of Performance University International
- Fitness expert for ReebokOne
- Author of the book *Strength Training for Fat Loss*
- Writer / Contributor to over 50 fitness magazines and websites.
- Featured in 3 NY Times Best Sellers
- Featured in ACE PT Manual, 4<sup>th</sup> Edition
- Produced 15+ DVDs
- International Fitness Presenter
- Trained Pro / Amateur Bodybuilders, Pro / Amateur Figure Athletes, MMA Fighters, NFL Players, etc.

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**THE REAL "PERFECT" PUSH-UP**  
Getting better at the basics!

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**5 WAYS TO IMPROVE YOUR PUSH-UP:**

- Elbow position
- Hand position
- Shoulder Rotation
- Protract at the top
- Push the floor away from you!




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**PUSH-UP COACHING TIPS:**

- If you use your Serratus better in the push-up, there's no need to spend extra time on serratus "activation" exercises.
- Long-Thoracic nerve can cause a "winged scapula."
- Kneeling Push Ups?
- If you can do 15 Good Push-ups; Why are you still doing Planks?
- Max Push Up TEST: Do the abs give out before the arms?

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**ONE-ARM PUSH-UPS**  
Our KING of Push-ups and Upper-body Pushing Movements

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**THE TRUTH ABOUT THE BENCH PRESS!**

In a 2007 kinetic and electromyographic comparison of the standing cable press and bench press, researchers found:

- Pushing forces from a standing position under ideal mechanical conditions are limited to 40.8% of the subject's body weight.
- Our EMG findings show that standing cable press performance is limited by the activation and neuromuscular coordination of torso muscles, not maximal muscle activation of the chest and shoulder muscles.

These results reveal what common sense tells us anyway:

- it's unnecessary for athletes (not training for a combine) to worry about maximal bench press strength. Mathematics and physics make it impossible to matching that kind of pushing force from a standing position.
- The limiting factor when pushing from a standing position is the stiffness of the torso muscles to maintain your body position and to coordinate the hips and shoulders while stabilizing the forces the extremities (arms and legs) create.

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**WE USE BOTH: BENCH PRESS & ONE ARM PUSH-UPS!**

- The standing pushing action is more of a whole body exercise, whereas the bench press is more just an upper-body exercise.
- "It's whole-body stability and equilibrium together with joint stability that present the major limitation in force generation. This has implications for the utility of these exercise approaches to achieve different training goals."
- To improve standing pushing performance, we use standing pushing exercises AND pushing exercises that create whole body stability; integrating the hips, core along with the upper-body.

**Bench Press = More MUSCLE**



**1 Arm Push Up = More HUSCLE**



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**1 ARM PUSH-UPS: THE RIGHT WAY!**



- Base Hand TURNED OUT with FINGERS and Legs SPREAD Wide!
- Shoulders and Hips Parallel to the floor.
- Drop Down: *Rotate torso away floor. Keep your elbow into your side.*
- Push Up: *Push the floor away from you. Turn torso toward the floor.*

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**“WORKING UP” TO 1A PUSH UPS**

**To Build Up:**

- Roll Overs
- Lock Offs
- Eccentrics (8-10 seconds)

**1A Push-Up Progressions:**

- Arm Out (Longer Lever)
- Feet Elevated
- Weighted Vest

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**OUR TOP 10 PUSH-UP VARIATIONS**

There are plenty of Push-Ups Variations. These are the one's we use most often.

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**TOP 10 PUSH-UP VARIATIONS**

- 1. Push-Back Push-Ups
- 2. Lateral (Fighter's) Push-Ups (*Clock variation*)
- 3. Knee In
- 4. Knee Out
- 5. Break-dancer
- 6. Spiderman (*Alligators*)
- 7. Stability Ball (Hands Pointed Down) (*Ball Squeezes, w/ Roll Out*)
- 8. Wide Arm Triangle Push Ups
- 9. Weight Plate Push Ups
- 10. Lock-Offs

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**METABOLIC PUSH-UP PROTOCOLS**

Sample Push-Up Workout Sequences we've used to get clients stronger and into sick shape!

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**TOP 3 PUSH-UP PROTOCOLS**

- 1. Push-Up Triple Threat (*Advanced*)
- 2. The "Big Ten" Circuit
- 3. The "10-5-2-1" Challenge

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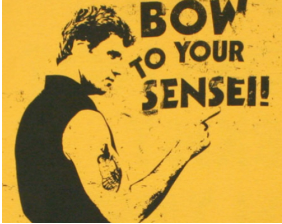

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**THIS END TODAY'S LESSON**



**THANK YOU!!!**

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**THANK YOU!**

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