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Up(continued...) The push-up is more a family of movements than a single exercise. In fact, it is a progression that starts from the horizontal, which is the classic "P.E. push-up" and then, through gradually, incrementally, elevating the feet from the floor to a point where the athlete is eventually in a handstand, becomes the handstand push-up. The Push-Up - CrossFitWith a running clock, as fast as possible complete the prescribed work in the order written. Each round totals 21 reps (Push-Ups descending from 20, Sit-Ups ascending from 1) for a total of 420 reps in the workout. Score is the time on the clock when the last set of Sit-Ups is completed. Tips and Strategy. Push-Ups will be the crux of this workout. Transform your Body - 15 CrossFit Push Up Chest Workouts ...The push-up is the starting point for all the family of presses just like the squat is the starting point for the family of Olympic lifts. A solid push-up is a prerequisite to all other pressing. A perfect push-up is really done on parallel bars, but since most people don't have access to those, we'll talk about doing one on the

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