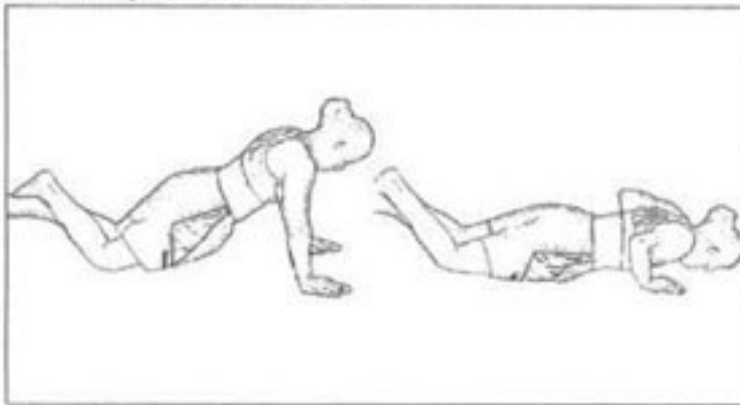




Perfect Fit Personal TrainingSM & Get Fit Boot CampSM

Push-Ups, Bent-Knee



Key Points:

Do not allow your back to bend or arch
Keep your body as straight as possible.
Use your knees as pivot points.

Instructions:

- 1) Lie on the floor face down with hands on the floor at chest level, slightly more than shoulder-width apart, knees on the floor and feet facing upward.
- 2) Keeping your back and hips straight, push yourself up, pivoting on your knees, extending your arms.
- 3) Hold momentarily
- 4) Slowly lower yourself until your nose is near the floor. Your back and hips should still be straight, while your elbows point outward.