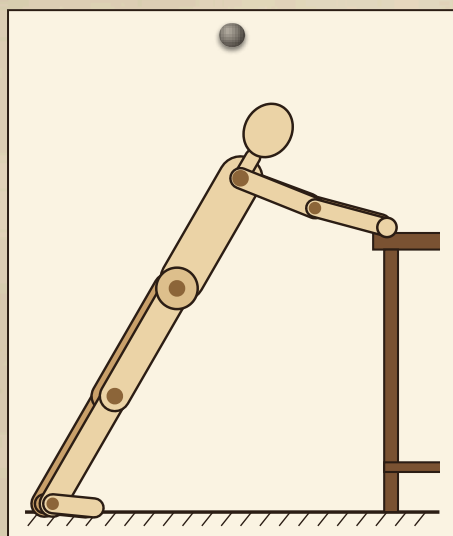


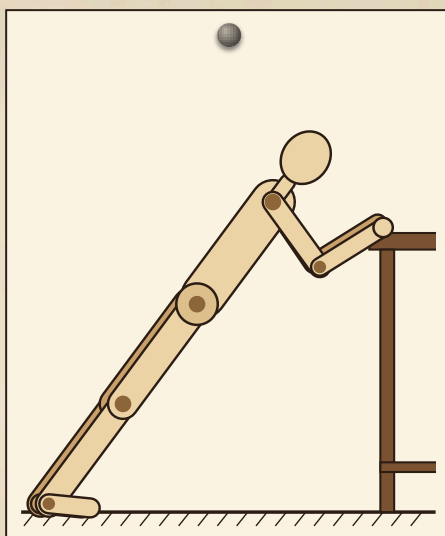


Workbench press-up

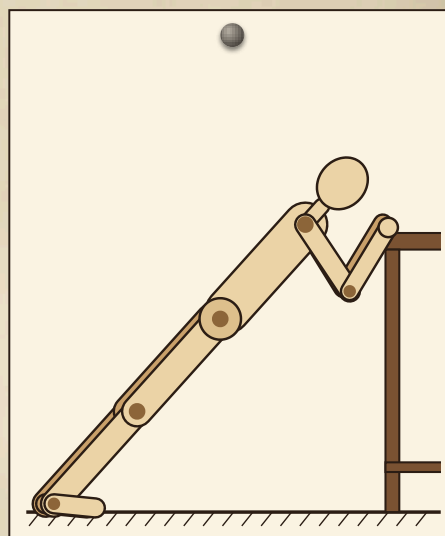
A step up from the wall press-up, using your workbench or a sturdy worktop. Builds the push for lifting, carrying and getting up off the floor.

**1 Hands on the bench**

Body straight, a big step back.

**2 Lower slowly**

Elbows bend, body straight.

**3 Push away**

Chest near the edge, then push.

The beat

3 seconds down, a short pause, 2 seconds to push away. 8 press-ups is one set. Rest a minute between sets.

How to do it

1. Stand a big step back from a solid workbench or worktop.
2. Hands on the edge, a bit wider than your shoulders.
3. Body straight from heels to head, tummy tight.
4. Bend your elbows and lower your chest for a count of three.
5. Push away until your arms are straight. Breathe out as you push.

Make it fit you

Easier

Go back to the wall press-up, or stand a little closer to the bench.

Harder

Step your feet further back, or pause for two seconds at the bottom.

Safety

Check the bench can't slide or tip first. Any shoulder or wrist pain, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubburncarpenter.com/training/workbench-press-up/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.