**Performing a Proper Push-up**

* **Keep your back straight** (make sure your back is straight and not a “sway back” or “camel back.”)
* **Hands need to be shoulder width apart** (make sure your hands are in line with your shoulders, same distance apart as your shoulders)
* **Hands need to be under the shoulders** (make sure your hands are in line with your shoulders. If you were to attach a string to your shoulder and allow it to drop straight down it should land on your hands.)
* **Elbows need to bend to 90 degrees** (make sure your elbows form a 90 degree angle as you go down into your push-up. Your chest and knees should **NOT** touch the floor.)

  