

## 1 IN DEFENSE OF THE PUSH UP

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## 2 WHY

- Debate and discussion
- Best format?
  - Yes, there is text
  - And videos
- Mike Boyle's greatest strength
  - 8-years at MBSC, business partner
- Education
- Probably a follow up

## 3 BACK STORY PART 1

- Brought up at a staff meeting often
- Bench Press (Day 1/Priority) > Push Ups in General for All Athletes?
- New adults/athletes?
- DB bench vs BB Bench for Middle School
- January discussion
- When do athletes become "overhead athletes?"
- "Genetic age"
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## 4 BACK STORY PART 2

## 5 I'M NO CONVINCED

## 6 MY REASONING

- Respect and discussion
- Biases past and present
  - EC and MB
- Success in application

## 7 WHAT WE WILL COVER

- First, who are we talking about today?

- Why the push up should be your primary horizontal pressing exercise for most people
- Why the barbell bench press is a problem (new/weaker athletes)
- When to move on to DB/BB Bench
- My favorite push up progressions/regressions/variations/loading options
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8  **WHY I DON'T LIKE BENCH PRESSING FOR MIDDLE SCHOOL/UNTRAINED ATHLETES (AND SOME REASONS WHY IT MAKES SENSE)**

- Baseball player at 11?
- Large group setting logistics
- Boys vs Girls (sometimes not always)
  - Boys tend to go too heavy grind out reps (yes they love it)
  - Girls tend to avoid increasing the weight
- Yes, a lot of this is on the coach

9  **WHY I DON'T LIKE BENCH PRESSING FOR MIDDLE SCHOOL/UNTRAINED ATHLETES (AND SOME REASONS WHY IT MAKES SENSE)**

- Form/Bent wrist
- Spotting (lack of attention) in groups
- Scaps are locked down
- Short kids/people reaching the floor
- Risk/reward?

10  **THE BENCH PRESS IS GREAT FOR**

- Older more developed athletes (prerequisite core/shoulder stability and strength)
- Football players (prep)
- Logistics (if you have a ton of racks)
- Preparing your athletes for their high school/college program and

testing

11  **WHY I LOVE THE PUSH UP (WHEN DONE CORRECTLY)**

- Correctly?
  - Execution and Programming
  - What is good enough? 75% there?
- “Learning how to do a push up is like learning how to walk, but with your arms. You are figuring out how to get multiple systems to work together to achieve a fundamental movement pattern.”
- Shoulder and Scapular Stability (reducing the risk of shoulder injuries)
  - Practicing Scapulohumeral rhythm
- Catching the fall (shoulder health)

12  **WHY I LOVE THE PUSH UP (WHEN DONE CORRECTLY)**

- Core stability while exerting upper body force
- Better for overhead athletes (when do we classify this?)
  - Baseball, softball, volleyball, swimming
- Volume on their shoulders
- Self-limiting (SAFETY)
- Multiple vectors for progressions that are low risk
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13  **AND THEY ARE EMPOWERING!**

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16  **PUSH UPS:**

**WHERE DO YOU START?**

- Elevated angle, but never on the knees
- Variable rep ranges (most under utilized programming strategy?)
- Tempo 2-1-2

17  **WHERE DO YOU START?**

- Day 1
  - Higher rep/volume (8-12)
- Day 2

- Lower rep/volume (6-10)
- Or DB/BB Bench Progressions
- Day 3
  - Push ups again? Or overhead press

18  **WHEN DO YOU BENCH?**

- After 8 great bodyweight push ups
- DB Bench Press for ALL overhead athletes until you run out of loading options
  - open chain benefits
- Football
- And then be smart
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19  **CRUCIAL PUSH UP CUES**

- Are we doing a good job cueing?
- Hands slightly outside and parallel to shoulders
- Elbows around 45 degrees from torso
- Lead with the torso
- Control (2-3 sec) on the way down
- Don't bounce/lose tension
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20  **WRIST ISSUES?**

- Bar, DB or Perfect Push Up
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21  **WRIST ISSUES?**

- Bar, DB or Perfect Push Up
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22  **FAVORITE PUSH UP CORRECTIVE**

23  **FAVORITE PUSH UP REGRESSIONS/PROGRESSIONS**

24  **FAVORITE PUSH UP REGRESSIONS**

25  **FAVORITE PUSH UP REGRESSIONS**

26  **FAVORITE PUSH UP REGRESSIONS**

27  **BEST LOADING PROGRESSIONS**

28  **FAVORITE PUSH UP PROGRESSIONS**

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30  **FAVORITE PUSH UP PROGRESSIONS**

31  **FAVORITE PUSH UP PROGRESSIONS**

32  **FAVORITE PUSH UP PROGRESSIONS**

- Plyo Push Ups?

33  **WRAP UP**

- Progressions, regressions, correctives, loading
- Coach it
- VRR
- Think and discuss
- Thank you