



# Power Wing Push-up Trainer/Tester™

## *Activity Guide*

### **Introduction**

The Power Wing was designed to provide an entire upper body, core and leg workout. It also serves as the perfect push-up technique trainer and tester. The wing profile and raised, color coded grip bar offer a wide variety of training exercises. This guide will cover many of the training routines possible with the Power Wing. It includes over 10 different types of push-ups and several more exercises that work the upper body, core, or legs. You will discover other ways to use the Power Wing as you become familiar with it.

### **Body Positions**

The level of difficulty can be adjusted by the position of the body when using the Power Wing. As a general rule, have students use the position that allows them to complete 8-12 repetitions of a given exercise or movement. The following is a list and explanation of each position:

- 1) Hands and knees ( hips over knees) -** This position enables the user to keep much of their weight over the knees and perform more repetitions.
- 2) Hands and knees ( thighs at 45 degrees) -** This position puts more weight on the shoulders.
- 3) Standard push-up position -** This position puts even more weight on the shoulders. This will be the position for testing push-ups as a part of a fitness testing program.
- 4) Pike Position ( push-up position with hips high in the air, bent at waist) -** This angle puts even more pressure on the shoulders and arms and less pressure on the chest.
- 5) Push-up position with one foot off floor ( rest on other heel) -** This adds more weight to the shoulders and makes the core muscles work harder to maintain the proper form.

### **Hand Positions**

The Power Wing has four color coded hand positions, each set at different width due to the 90 degree bend of the wing. Below is an explanation of each position:

- 1) **Red:** This is the first grip area and will be known as the narrow grip. This grip works the chest, but works the arms ( triceps) and shoulders (deltoids) even more.
- 2) **Yellow:** This is closer to the standard push-up grip for most students and works the chest, arms and shoulders equally.
- 3) **Green:** This grip is wide and works the chest more than the arms and shoulders.
- 4) **Blue:** This grip is extra wide and works the chest and other support muscles in the back.

## Chest Stop Bumper

The chest bumper was designed to give users three different stop points when performing push-up type activities. Researchers have come to the conclusion that going down on a push-up to a 90 degree elbow bend is low enough, especially for young students. Some users will want a longer stretch on those muscles and some users like to go below the floor level for a super stretch. The three bumper positions are explained below:

- 1) **90 degree elbow bend** - This is the position where most push-up testing should take place. Place the bumper on its side, large end toward the center of the wing. This will keep the chest a few inches from level.
- 2) **Level Height** - Set the bumper flat to gain this level. This is equivalent to doing push-ups on the floor and touching the floor with the chest.
- 3) **Super Stretch** - To get this level, simply remove the bumper and use the floor or near floor to bottom out on the push-up.

## Exercises

The exercises will be listed in three sections. All of the exercises will be working the upper body, core and legs. Some of them work one area more than the others. The sections will be divided by which area is worked the hardest. The upper body section will be listed in progression of difficulty.

### Upper Body

**Knee Push-ups:** There are two variations of knee push-ups. The easiest is to position the body so the knees are directly under the hips. This takes much of the body weight off of the shoulders. To make them harder, lean forward until the upper legs are at 45 degrees. Most of the following exercises can be done from this position.

**Standard Push-Ups:** Pick a grip (color), chest bump position and perform push-ups with a straight body.

**Up and Downs:** There are two versions of this exercise. Start with both hands on the red grips. Pick a body and bumper position. Walk the hands from color to color, yellow, green, blue and then back up again to red. Raise the difficulty by doing one or more push-ups while stopping at each color.

**Alternate:** There are two versions of this exercise. Start with one hand on the red grip and the other hand on the blue grip. Now walk the hands, one down, while the other goes up. To make the exercise more difficult, do one or more push-ups between each move.

**Elevated Feet:** Position a chair or bench under the feet. Perform any of the listed activities or exercises in this position. This position moves more of the weight to the shoulders (deltoids) and less to the chest (pectorals).

**Isometric Push-Ups:** Pick a body position and grip. Go half way down and hold that position for 2-5 seconds and then push back up. Try the same routine in different hand positions.

**Side To Side Push-Ups:** Pick a body and grip position. Lean to one side placing 60%-90% of your weight on one arm. Perform one push-up, lean to the other side and perform one push-up on that side. Repeat.

### Upper Body and Core

**Tiger Push-Ups:** Pick a body and grip position. Raise the hips up to a pike position (straight legs, hips in the air). Drop the chest down near the bumper and push forward. Come up with straight arms. Go back the same way.

**Rotational Push-Ups:** Pick a Body and grip position. There are two versions of this exercise. Start in an "up" push-up position. Release one hand, turn outward and point to the ceiling. Come back to the "up" position. Release other hand and point it towards the ceiling. Repeat. To make it more difficult, do one or more push-ups between releases.

**Superman Push-Ups:** Start this exercise in a standard push-up position with hands on the yellow grips. Use the chest bumper at the highest position. Now move the feet back 12". This will leave the hands out in front of the shoulders. Do push-ups from this position. To make the exercise harder, move the feet back and hands farther forward. The difficulty can be increased further by moving the hands to a narrow or wider grip.

**Side Shuffle:** For this exercise place the chest bumper flat, level with the bars. Take a wide grip on the green or blue grips. Release the bar with the right hand and place on the floor between the bar and the bumper. Move the left hand off, onto the floor on the left side of the bar. Place the right hand on the chest bumper. Place the left hand back on the bar. Right hand back to the floor. Left hand onto the bumper. Right hand back to the bar. Repeat. You will simply be traveling laterally back and forth, from side to side using the bars, bumper and floor.

## Upper Body, Core and Legs

**One Leg Push-Up:** There are two versions of this exercise. Place one foot on the heel of the other foot, or hold the foot off the ground. This adds weight to the shoulders and bring the core muscles more into play. To involve the legs more and make the exercise even harder, raise the leg as high as possible and then do the push-up. Switch legs and repeat.

**Grasshopper Push-Up:** Start in standard push-up position. Lift hips and swing one leg under the other (crossed), hold off the floor and do a push-up. Switch legs and repeat. To make the exercise more difficult, try a narrow or wider grip.

**Spiderman Push-up:** Start in standard push-up position. Bring one knee up and out to the side at 90 degrees, but leave it off the floor. Hold for a second or two. Switch legs and repeat. To make it more difficult, do a push-up while holding that position, then switch legs.

## Push-Up Testing

To use the Power Wing for testing where protocols ask for a standard push-up, set the chest bumper laying flat level with the bars. This position is the same as doing push-ups on the floor and touching the floor on each repetition. If the testing protocols allow for a higher chest bump, use the bumper on its side and have students touch it with their chest. Allow students to use the grip they are most comfortable with. This should be a near shoulder wide grip.

## Basic Training Programs

**As a Station:** In this situation students will have just a couple of minutes each on the Power Wing. Pick 2-4 of the exercises listed and have them do one set of each. They should try for 8-12 repetitions of whatever exercise they are performing. On another "stations" day, pick 2-4 different exercises for them to try.

**Extended Time:** If time permits, have students perform several of the exercises listed. Do one set with one exercise, switch to the next exercise and so on, performing as many as possible in the given time frame. Ten minutes on the Power Wing is enough for a full workout.

