

DIAMOND-GRIP PUSH-UP



STEP 1

Assume the Start Position for the Diamond-grip Push-up by placing your thumbs and first fingers together. Place your hands on the ground underneath your sternum. Straighten your arms and legs with your feet next to each other. Straighten your back and balance your body on your hands and the balls of your feet. Squeeze your rear-end and abdominal muscles and tilt your head up and look forward.

STEP 2

Begin the exercise by bending your arms at your elbows and lower yourself to the ground. The middle of the Diamond should line-up in the center of your sternum.

STEP 3

Once your arms have bent short of a 90-degree angle at the elbows, you have gone low enough. Push away from that point until your arms become straight again. You have completed a full repetition of this exercise once you have performed each of the steps listed.

IMPROVE YOUR APFT

ARMY PHYSICAL FITNESS TEST

DIAMOND-GRIP PUSH-UP:

The Diamond-grip Push-up is often referred to as the Tricep Push-up because it incorporates a great deal of tricep strength in order to perform the exercise.

STRATEGY:

I have been able to improve my Push-up score as part of the Army Physical Fitness Test simply by beginning the Push-up event with a Diamond-grip Push-up. Once I have reached muscle failure while performing this stage of the Push-up event, I then

raise my rear end upward and slide my hands a bit outward in order to reduce the use of my triceps and to incorporate more of my pectoral or chest muscles.

I continue to perform this procedure until my arms are as wide as I can successfully perform this exercise when the clock runs out.

WARNING:

Do not attempt to complete the APFT using **only** the Diamond-grip method.

THEORY: Your triceps are strong and short lasting. Your chest muscles are endurance muscles. Make use of your tricep muscles while performing the Push-up event by beginning the exercise with your hands close together.

BREATHING: Inhale while going downward and exhale while pushing away from the ground. Breathe in through your nose and out through your mouth.