

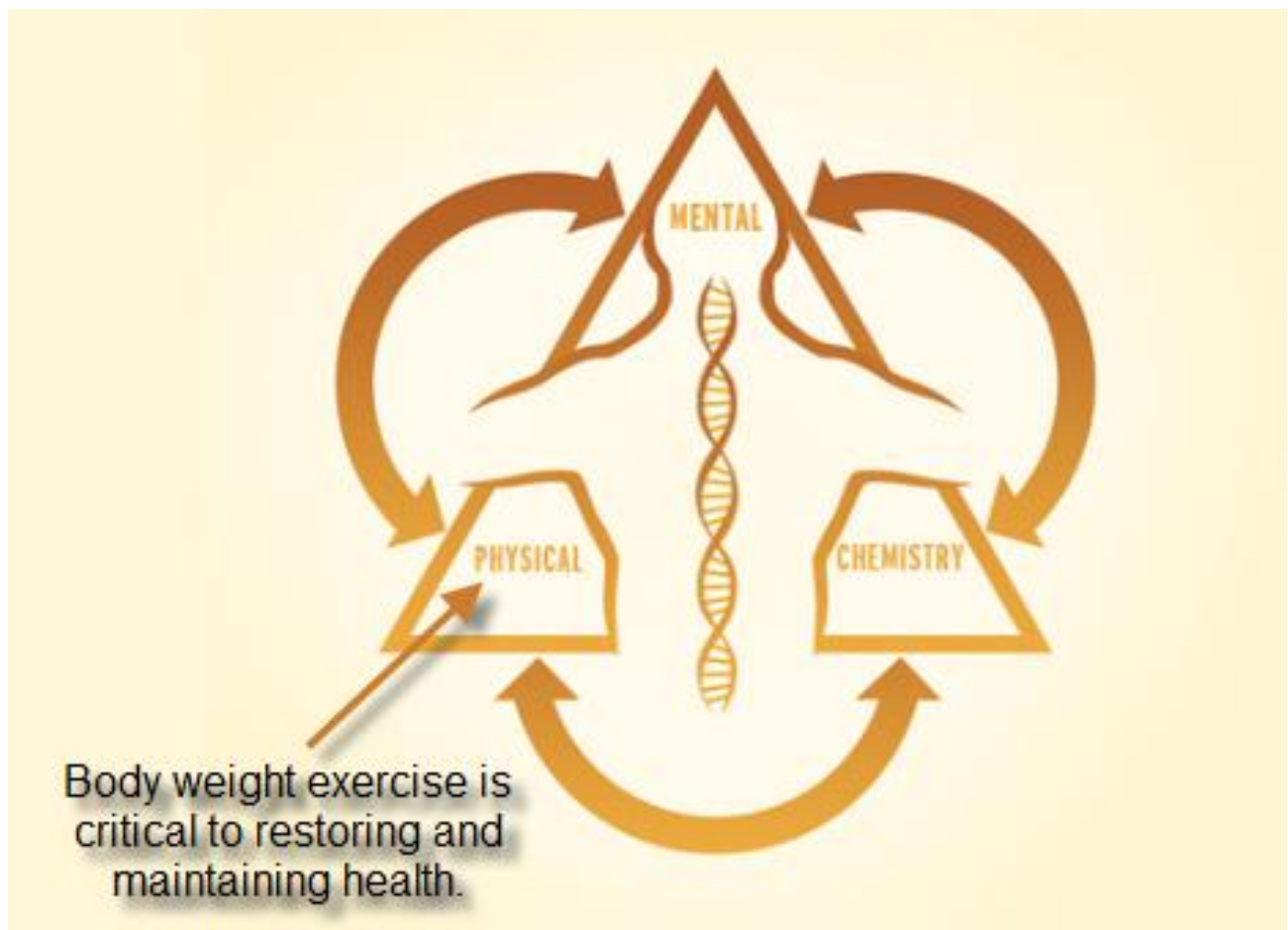
Forward:

Dr. Osborne here,

As seen below in, the **Triangle of Health**, physical exercise is critical for good health. Lack of resistance exercise leads to lack of muscle leads to rapid deterioration in one's health. For those with gluten sensitivity, good health starts with going gluten free, but it doesn't end there. Many ignore implementing some form of physical fitness into their lifestyle and end up paying a big price – ILLNESS! The following information was put together by one of my good friends, Shawna Kaminski. Shawna is one of the world's leading authorities on body weight exercise. If you struggle with implementing exercise into your routine because you are not yet strong enough to perform some of the standard movements, or if you just want to add to your existing exercise routine, go through these tips and implement them. As you build strength, it gets much easier (I promise). For more information about Shawna's in depth program, [>>>click here<<<](#)

P.S.

I have also put together an instructional video for you on exercise. [You can view it here <<<](#) Make sure you are logged in with your username and password to access it.



Beginner Tips for the Push Up and Pull Up

Body weight exercises are one of the best ways to help you get fit and lose fat. The great thing about them is that all you need is your body and a bit of space. Two of my favorite exercises that hit your entire upper body and core are the push up and pull up. Granted you need something to hang from for the pull up, but you'd be surprised how many places you can find to use as your pull up bar.

First off, push ups and pull ups may be a bit intimidating if you've never done them before. You'll have an incredible sense of accomplishment when you're successful at them and trust me, if you're motivated and dedicated, and follow my tips, you WILL be successful.

Here are a few helpful tips...

Pushin the Plank

A strong core is essential for the push up so it makes sense to start building the strength of your core. There's no better core move than the plank.

Plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for 30 seconds to one minute.



The Plank

It's imperative to keep the shoulder blades together as if you're squeezing a pencil between them. This not only strengthens the upper back for the push up, but also for the pull up.

Dial it Down

Most people think that it's the pushing up portion of the push up that builds strength. You may be surprised to realize that it's the lowering phase of the push up that develops strength. So, if you can't 'push up', work on the lowering phase. Get into the high plank position in any way you can, then slowly lower your body to the floor until your entire body is resting on the floor. Rest as long as necessary, then repeat.



It's All in Your Legs

Most people will try a push up from the toes and then drop to their knees. Another way to modify is to widen the stance. Straddle the legs to increase your base of support and to increase your push up power. Once you're maxed out your push ups from the straddle position, then drop to your knees.



Pull Up Possibilities

Yes, you too can do a pull up. It sounds intimidating but if you take baby steps it's possible. The key is not to get frustrated and give up too soon. A great start is to do an assisted pull up.

Totally Assisted Pull-up

- Grasp the bar with an overhand, wide grip.
- Step up off a platform to bring yourself up until your chin is over the bar.
- You will step up with your entire weight on your legs.
- Return to full hanging position with control.



**Position A – Totally assisted Pull Up w/
Controlled Descent**



**Position B – Totally assisted Pull Up w/
Controlled Descent**

Similar to doing the push up from the bottom up versus top down, do the same for the pull up. Work on being able to lower yourself from the bar under control and from there you can work on lifting up towards the bar.

Few people know that it's the eccentric contraction that actually helps strengthen your muscles. You need to train with care when doing eccentric training since it can cause muscle soreness and the potential for injury. Proceed with caution when doing the 'negative' as this strategy is called; a little goes a long way.

These are just a few tips that will help you learn these essential bodyweight moves. I have a ton more that can have you going from pull up and push up 'Zero' to 'Hero'. If this sort of thing excites you, check out my program [HERE](#) (add hyperlink) and see if it's right for you.



About Shawna

Shawna Kaminski is a retired schoolteacher of 20 years who's found her passion in the fitness industry. She's been a competitive athlete all her life and has competed nationally in three sports. She's parlayed her ability to teach and her love of training into programs that you can directly benefit from. Shawna is in her late forties, is a mother of two teenagers and understands how busy life can be. Her workouts are short and intense and often can be done anywhere. She's always up for a challenge and shares her fitness challenges with you. Currently she runs her own fitness boot camps and coaches clients in person and online with her amazing result getting programs.

[Learn more about Shawna's programs here <<<](#)