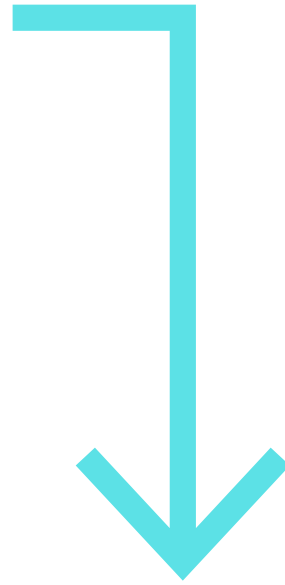




ONYX ATHLETIC PERFORMANCE



**NO MORE KNEE PUSH UPS:
HOW TO GET OFF YOUR KNEES &
START DOING REAL PUSH UPS**

WELCOME!

Congratulations on joining the Onyx fam!
I'm stoked you're here and I hope you're ready to finally ditch the knee push ups that have been holding you back from doing a real, chest-to-the-floor push up (or cranking out 10+ push ups without thinking about it.)

You're probably already working out, whether you're doing F45, OrangeTheory, Crossfit, or group fitness at your local gym.

When you try push ups, do you:

- Shake like crazy?
- Stop halfway down?
- Drop to your knees?
- Flop onto your belly?

Fear not, we're here to fix that.

LFG,



HI, I'M HALEY!

The coach behind Onyx Athletic Performance. I'm a certified strength and conditioning specialist (CSCS) and certified athletic trainer (ATC). I graduated from the University of Utah in 2011 and have been helping people get stronger ever since.

I am a strong advocate for **performance-based goals** because they have the most lasting impact on self-confidence and they are way more fun to chase than a number on the scale.



Some of the milestones I use for my clients are one real, chest-to-the-floor push up and 10 push ups in a row. If you want to accomplish these goals too, you're in the right place.

If you follow my advice you'll be closer to more legit push ups!

Let's get after it!

HOW TO USE THIS GUIDE

(AND HOW NOT TO USE IT)

This ebook is designed to show you how to improve your push up technique and exercise programming.

Haley Conant is not a doctor or registered dietitian. This guide is purely for informational purposes and is not intended to treat, diagnose, cure, prevent any health problems. This guide does not constitute medical advice nor does it replace the advice of a physician or other health care professional. Always consult your physician for matters related to your own health. Use of this info is strictly at your own risk. Haley Conant and/or Onyx Athletic Performance, LLC will not assume any liability for any direct or indirect losses or damages that may result, but not limited to, economic loss, injury, illness, or death.

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STOP DOING KNEE PUSH UPS!

WHY KNEELING PUSH UPS WILL NOT HELP YOU GET BETTER AT REAL PUSH UPS

Kneeling push up (or "girl push ups" if you're unevolved) are an ineffective way to actually get stronger. They are frequently recommended as a regression if you can't do a full push up on the floor but in my experience, you won't achieve a real, chest to the floor push up by performing endless kneeling push ups.

NOT GONNA HAPPEN.

Why I hate kneeling push ups:

1.) Kneeling push ups have you push 49% of your body weight and a floor push up from your toes has you push 64% of your body weight. That's too big of a jump for most people to make overnight.

2.) Kneeling push ups alter your hip and spine position putting your low back in a dangerous position prone to injury.







STOP DOING KNEE PUSH UPS!

3.) The only way to progress is more reps. There's no in-between. Plus do you really want to do more reps of an exercise where your back could be injured?

4.) Kneeling push ups are often referred to as "girl push ups" which is blatantly sexist and implies that women cannot do real, chest to the floor push up. I know several ladies that can do prettier push ups than most dudes.

In the 90 Day Push Up, you'll never do a kneeling push up. Instead, we train the smarter way.



| KNEE PUSH UP | VS | INCLINE PUSH UP |
|--|----|---|
|  | |  |
| 49% of bodyweight | | 40-60% of bodyweight (depends on incline height) |
| <u>Changes</u> spine alignment from a floor push up | | <u>Maintains</u> same body alignment as floor push up |
| Only way to progress is more reps | | Gradual progressions with lower incline height |
| WORST way to achieve a real floor push up | | BEST way to achieve a real floor push up |
|  | |  |
| @onyxathlete | | |

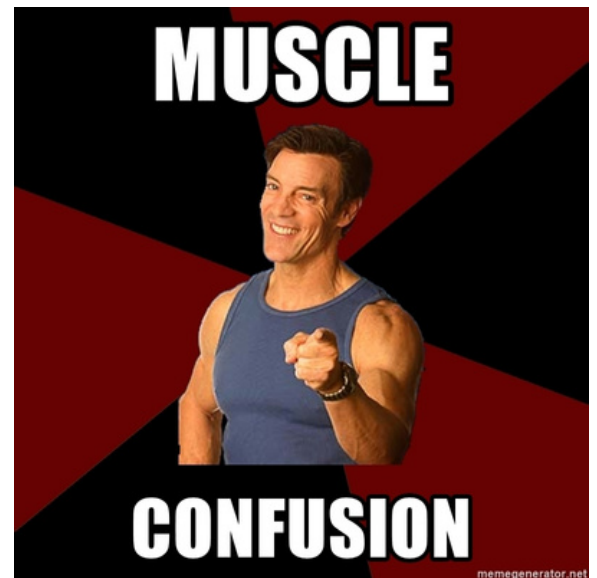


TAKEAWAY: Take a vow today that you will never do another push up from your knees, ever.

DO PUSH UPS MORE OFTEN

If you aren't getting better at push ups, you probably aren't doing them consistently enough in your programs to make a difference.

One of the biggest mistakes I made as a beginner was changing things up *too much*. "Muscle confusion" was a popular buzzword when I was in high school and college (thanks Tony Horton) and to me, that meant never doing the same workout twice.



The problem with this line of thinking is that I never improved my exercise technique, added weight, increased reps, or had any other marker of progress because I didn't do the same exercises enough!

I have two push up programs; Level 1 and Level 2 of the 90 Day Push Up. Level 1 builds the foundation of a real, chest-to-the-floor push up and Level 2 is designed to increase your overall push up count with more advanced variations.

During both Levels of the 90 Day Push Up, we perform push ups or a variation of a push up 5 days a week with one mobility day and one total rest day.

DO PUSH UPS MORE OFTEN

BUT WAIT, HOW CAN I DO PUSH UPS ALMOST EVERYDAY WITHOUT HURTING MYSELF?

Legitimate question my friend.

During the 90 Day Push Up we have difficult, moderate, and easy workouts that alternate during the week so you can still practice your push ups without overdoing it. Here's a peek at what a week of Level 1 of the 90 Day Push Up looks like:

MONDAY: Posture and Strength

Wall Angel

Thoracic Extension With the Foam Roller

Quadruped Thoracic Rotation

Incline Plank

Incline Eccentric Push Ups

TUESDAY: Push Up Practice

Dowel Around the World

Dowel Overhead Squat

Shoulder I, T, W, Y

Incline Push Up

WEDNESDAY: Scapular Strength and Stability

Prone Overhead Press

Incline Shoulder Taps

Incline Pause Push Up (Halfway)

DO PUSH UPS MORE OFTEN

THURSDAY: Mobility

Thoracic Extension With the Foam Roller

Foam Roll Chest Stretch

Foam Roll Snow Angels

Corner Chest Stretch

Quadruped Thoracic Rotation with Hand Behind Back

Quadruped Thoracic Rotation

FRIDAY: Push Up Practice

Dowel Around the World

Dowel Overhead Squat

Shoulder I, T, W, Y

Incline Push Up

SATURDAY: Stabilization and Core

Dumbbell External Rotation in Sidelying

Wall Slide

Incline Plank

Scapular Push Ups

Incline Pause Push Up (Full)

SUNDAY: Rest day or make up a missed workout



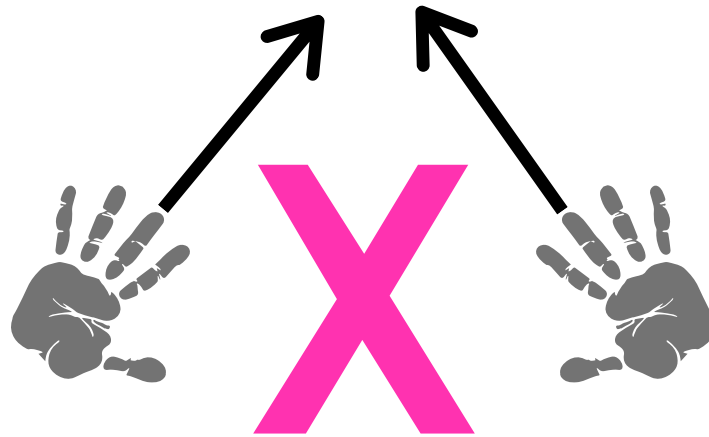
TAKEAWAY: Get over the mental hurdle that you need to change things up all the time or that doing push ups most days will lead to injury.

NEITHER ARE TRUE!

FIX YOUR HANDS

If your hands aren't positioned correctly, doing chest-to-the-floor push ups will be very difficult and possibly painful.

Most beginners will position their hands like this:



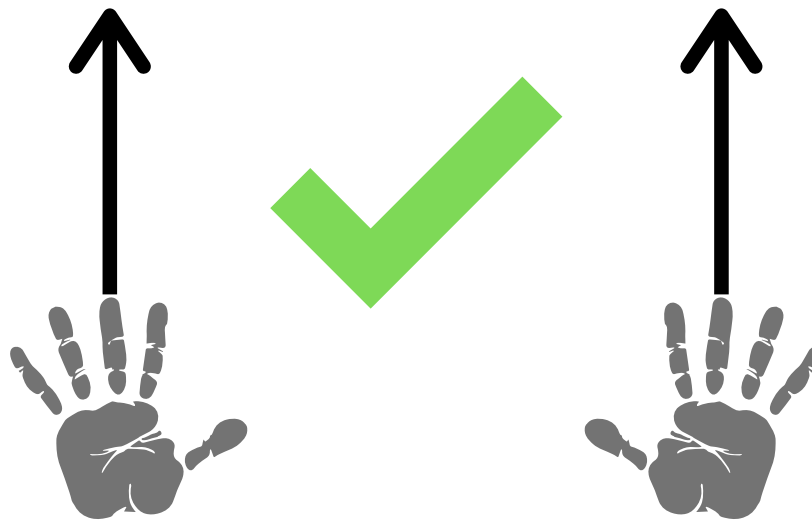
THE PROBLEM

Placing your hands like this will cause the elbows to flare out to the side, placing the shoulder in a position prone to rotator cuff strains and tears.

This flared elbow position also makes it difficult to get lower in the push up because you are isolating the small front deltoid (front of your shoulder), instead of utilizing the bigger pectoralis major (chest muscles).

FIX YOUR HANDS

Ideally we would like to see your hands slightly wider than shoulder-width apart and positioned like this:



During the 90 Day Push Up, there are weekly technique videos describing the keys to a real, chest-to-the-floor push up.

Some additional technique videos cover:

- Breathing
- Elbow, head, and foot position
- How to shift your weight properly during a push up
- How to become more explosive during a push up
- The proper way to progress beyond the floor push up



TAKEAWAY: Point your middle fingers straight ahead and get the thumbs in the armpits.

TESTIMONIALS

MARGARET

"IN EVERY WORKOUT, I COULD SEE MYSELF GET CLOSER TO THAT GOAL OF A REAL PUSH UP."

I was unsure how a digital training program would work and if I could stay motivated. **I didn't know what other exercises to do besides knee push ups.** I was worried my body would get too tired from a workout every day.

But Haley's interaction on the app was A+ and it did help me stay motivated. The instructional videos are EXTREMELY helpful and the build-in rest days (stretch day) plus *mixing up the workout kept it from feeling like I was just trying (and failing) over and over.*

This program is just the **right combination of hard work and reward.** Haley explains everything and the *progress is so easy to measure and see.* In every workout, I could see myself get closer to that goal of a real push up. Haley is interactive and available to answer my questions immediately. She is creative and knowledgeable in her videos and I love that stretching is part of the plan.



Push Ups Before Starting: ½ Push Up
Push Ups at the End of Level 1: 3 in a Row
Push Ups at the End of Level 2: 15 in a Row

LEARN MORE

Because you're awesome and made it to the end of this ebook,
you've unlocked a free trial the 90 Day Push Up!

Use the code "NOKNEEPUSHUPS" to try the first two weeks of the
90 Day Push Up for **FREE**.

CLICK HERE



And your credit card will **NOT** be automatically charged at the end
of the free trial.

If you like the program you can purchase access to the rest of it. If
you don't want to continue, you don't have to do anything.

And this ebook is the only place you can access this discount.

If you want a detailed overview of the 90 Day Push Up, visit
www.OnyxAthleticPerformance.com

Follow me on Instagram for more!



@onyxathlete



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