## MONTHLY FITNESS CHALLENGE

## **Activity - How To**

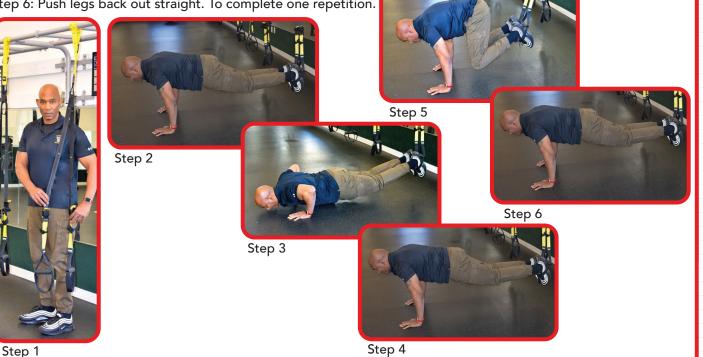
## **TRX Atomic Push-UP**

Step 1: Place the rings or stirrups 6-12 inches off the ground.

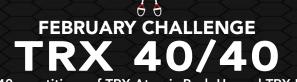
Step 2: Put your feet in the rings and get into push-up position so that only your hands are touching the ground.

- Step 3: Lower your chest to the ground.
- Step 4: Push back up.
- Step 5: Bring your knees into your chest.

Step 6: Push legs back out straight. To complete one repetition.



Work to increase your repetitions.





Perform 40 repetitions of TRX Atomic Push-Up and TRX Low Row Carlisle.ArmyMWR.com • **F** CarlisleFMWR

