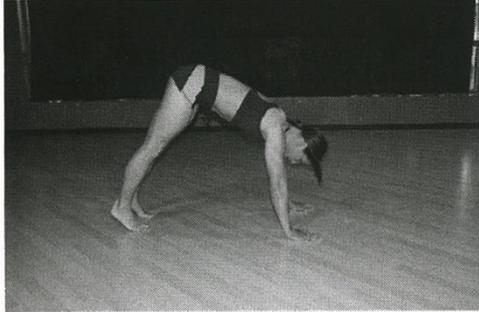


Shoulders, Triceps & Chest -Torpedo Push-Ups

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when doing this exercise is crucial.** **Have someone with expertise have a look at you doing it before you introduce to your routine.** **Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps.

Torpedo Push-ups – Shoulders, Triceps, Chest

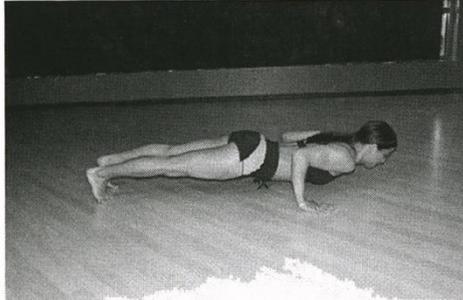
Start



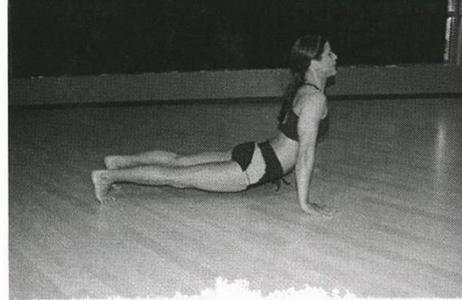
Forward 1



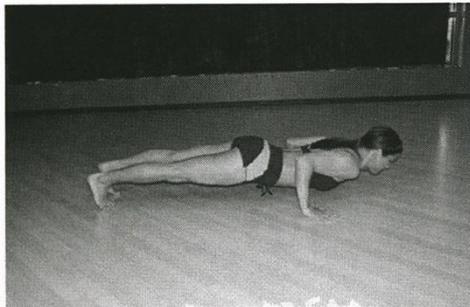
Forward 2



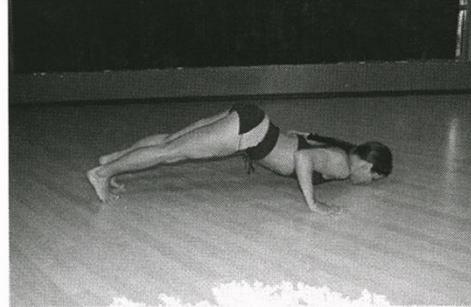
Midway



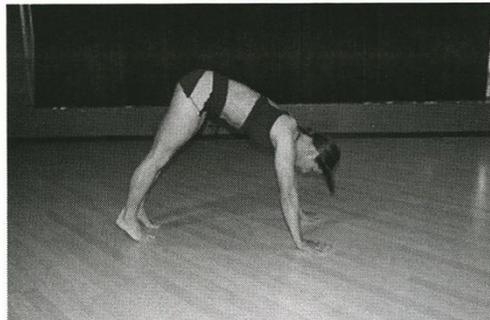
Reverse 1



Reverse 2



Finish



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