

ROCK YOUR CURVES *15 MINUTES TO SEXIER ABS, BUTT, THIGHS*

fitness

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Push It Real Good

Push-ups with a plyometric twist—the classic exercise with an explosive movement added to it—get an A-plus. In one study, a clap push-up was rated as a primo arm-pumping move. Too hard? Try one of these other plyo versions from Alexander Kaufman of New York City, the founder of Personal P.E.P.P.E.R. training.

BEGINNER

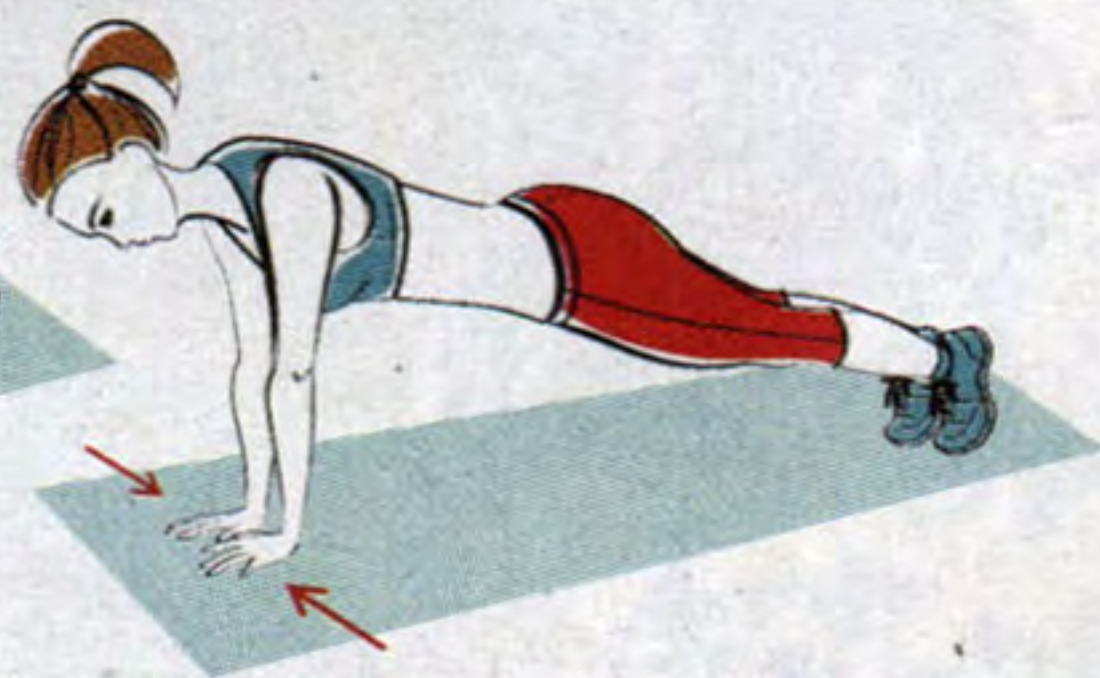
WALL CLAP



A. Standing a foot in front of wall, place hands on wall under shoulders in a standing push-up position.



B. Do two half push-ups; after the second, push off wall completely and bring palms together to clap.



ADVANCED

IN 'N' OUT

A. Start in plank position, with hands under shoulders, and do a push-up.

B. As you come up, explode off floor 1 inch, bringing hands together so thumbs touch on landing. Do another push-up; explode off floor, bringing hands out to start position on landing.