



Lebert Equalizer Push Up

There are lots of ways to perform pushups to make them more interesting. One of my favorites is to do them on a [Lebert Equalizer](#) set. It puts you at an incline – which makes them a little easier, but has the added instability to make them more challenging. It's easy on your wrists to have the bars to grab on to, and they allow you to go deeper toward the floor than your nine-month pregnant belly might allow you to go!

Starting Position and Movement:

- Place the Equalizers in front of you, with the feet closest to you a little farther apart than the ones away from your feet. Put your hands on the Equalizers and wiggle them a little to make sure you know how much you need to keep them stable. Then, step back keeping your body straight.



- Draw your navel in to engage your abs to support your spine, and slowly lower your chest toward the floor by bending your elbows. Make sure you don't go so deep that you feel strain on your shoulder joints. Keep your eyes focused on the floor in front of the Equalizers to keep your neck in good alignment.
- Slowly push back up to your starting position without locking your elbows, and repeat. Perform 6–15 repetitions, exhaling each time you push up.

Workout Options:

- To increase the difficulty, try putting your feet up on a bench, medicine ball or stability ball! (Not while you're 9 months pregnant though.;-))

P.S. The [Lebert Equalizers](#) are one of my favorite new toys. You can get yourself a set [here!](#)