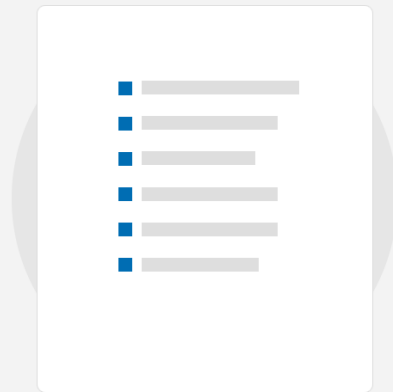


10 Massive Benefits of Push Ups

Perhaps one of the easiest exercise movements, the standard push up activates nearly every muscle in your body, which yields far more than toned muscles and increased endurance. If you're not convinced about adopting a push up routine into your exercise program, or you simply wish to understand the power of this simple exercise, continue reading to uncover the real benefits of doing push ups.



- ☐ Increase Functional Strength via Full Body Activation
- ☐ Muscle Stretching for Health and Vitality
- ☐ Enhance Your Cardiovascular System
- ☐ Increase Whole Body Muscle Definition – HGH Promotion
- ☐ Protect Your Shoulders from Injury
- ☐ Improve Your Posture
- ☐ Prevent Lower Back Injuries
- ☐ Save Time While Cultivating a Strong Body
- ☐ No Cost for a Full Body Workout
- ☐ Increase Testosterone and Reduce Osteoporosis Development