



# PUSH-UP FORM CHECKLIST

Perfect form is the foundation of real push-up strength. Use this before and after every session to know exactly where you stand.

## PRE-SESSION CHECKLIST

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*Tick each point before you start. These are your non-negotiables.*

- Hands placed shoulder-width apart or slightly wider
- Core braced and glutes engaged throughout
- Body forming a straight line from head to heels
- Shoulders packed down – not shrugging
- Elbows tracking at roughly 45 degrees from body
- Head neutral – eyes looking slightly ahead, not down

## FORM SELF-ASSESSMENT

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*Honest assessment only. This is your baseline, not your ceiling.*

The form cue that felt strongest today:

The form cue that broke down under fatigue:

What I will do to fix that cue in my next session:

## POST-SESSION RATING

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My form quality today (1-10):

Number of reps I maintained good form for:

One word that describes today's session:

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Growth lives on the other side of action.