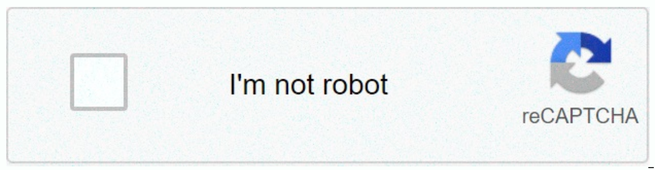

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Bench press to push up ratio

Hi, just curious. If you can hit the weight, say 150 to 20 eight eights and eights, should that roughly translate into bench pressure? I just put a 5 pound plate on either side of the bar and asked to relate to those who insisted on making a bench in the effort. What gets me is that they can try. Sorry, rant. [Quote]Flynnieck6 wrote: Hi, just curious. If you can hit the weight, say 150 to 20 eight eights and eights, should that roughly translate into bench pressure? I just put a 5 pound plate on either side of the bar and asked to relate to those who insisted on making a bench in the effort. What gets me is that they can try. Sorry, rant. [/quote] I'm not sure what you're getting but if someone can do 20 push-ups, they don't have the right to bench presses at all. I'm not sure which one you mean, but I've done the test with several people and it seems to be about 70% of the weight to sell. You can test this yourself, just do push-ups on the scale and see what you read. So 150 pounds. A person lifting approximately 105 pounds. Every time they do push-ups. It's not exactly the same in bench presses and push-ups like angles, so I don't know if I can translate it directly to a different angle. I think what you're getting is that someone who can just lift the bar should just sell it out. Sorry, I don't agree with that. Lifting is part of life, it's weight or whatever, why wait. On the other hand, if lifting the bar is a maximum effort or close to it, I agree that they should be small, small, with light weights or exercises such as DB's and/or East Sea forearm muscles. I started right away but they trained a lot of women who could do 10-12 reps so without too much struggle on the flat bench. Ramp we had to use a light bar or DB. Everbody has to start somewhere and sometimes only means bar and light weight. The Jeez-20 push-up is pretty rough for me and is closing at 400. The funny thing is that when you can do 50 reps on a set for push-ups, you can only take 135 for Babelo 5. I'm not sure you can correlate well with these two exercises. I'm not sure what you're getting but if someone can do 20 push-ups, they have no right to bench presses at all. One rep maximum for 150 pounds to 20 push-ups will be about a 175lb bench. This is an estimate of crude oil using 70% of the body weight and the Efly formula. Do not try the 175lb bench. Try 130 pounds for 10 reps (Epley official offers about 173 pounds a rep max). Do push-ups at scale and see how many weights are read at the bottom and top of the push-up. Depending on the shape of your body, it may not fit into the 70% number. If you have very lean legs and a large upper body you will change the % If you have large legs and hips, but a lean upper body, it can be % different. Thanks to all but the last answer, that was what I was looking for. Basically, there's this guy who put 5 pounds in the bar on each side (I don't kid you are) out of rep with 8 bench press huffing And in general they sound like heavy benches. But they can hit 20 push-ups. So I was looking for something along the lines of hey, you should at least be able to move X pounds off your weight because you can already do the sell-out. This means that they need to weigh a little. I don't know where they got their routine from but I seem to be happy not to move in case of injury. Thanks again. [quote] tall Tom wrote: One rep maximum for 150 pounds to 20 forearms would be about 175 pounds bench. This is an estimate of crude oil using 70% of the body weight and the Efly formula. Do not try the 175lb bench. Try 130 pounds for 10 reps (Epley official offers about 173 pounds a rep max). Do push-ups at scale and see how many weights are read at the bottom and top of the push-up. Depending on the shape of your body, it may not fit into the 70% number. If you have very lean legs and a large upper body you will change the % If you have large legs and hips, but a lean upper body, it can be % different. [/ quote] said very well! [Quote]Flynnieck6 wrote: Hi, just curious. If you can hit the weight, say 150 to 20 eight eights and eights, should that roughly translate into bench pressure? I just put a 5 pound plate on either side of the bar and asked to relate to those who insisted on making a bench in the effort. What gets me is that they can try. Sorry, rant. [/quote] I don't matter, some slow twitch people can do 50 push-ups and can't bench for their lives... Arms are incredibly subjective. 1.) Some people 2. Their torsos are not properly aligned beef [quote] beef, wrote The Beefcakemdphd: Push-ups are incredibly subjective. 1.) Some people 2. Their torsos are not properly aligned with beef [/quote] very true, and I think a better push-up exercise would be an explosive strap/ring push-up. Will42 Another thing you need to consider is that it is much more stable for you to do a hoofer than a bench press, and to go with beef cakes, and few people touch their breasts on the ground when they do pals. In addition, 70% is incorrect and may be at the bottom of the push-up, but much less at the top. I think knuckle palpalus would be a better way to approximate the forearm muscle when imitating the bench more closely. I think it can affect the outcome as well as the arm pals being bench open chains and close-up chains. Don't close the chain movement to correct me if I'm wrong, but recruit more muscle fibers than their open chain counterparts? It's probably just going to get too complicated to find 1RM in the hoof, looking at it as a body type, hand position, shape, etc. how it can affect the load on the armhoof. 20 at Palpaloo for 150 pounds. Comes out on the 175-pound bench...? I don't think so... [quote] Vintor wrote: 20 pounds from Palpalu to 150 pounds. Comes out on the 175-pound bench...? I don't think so... [/quote] Absolutely not. Don't you activate other muscle fibers when you're endurance vs. 1 rm? I can do 60 palalu-ups in a clip, and up from about 230 off the bench. I'm not sure if one has much Anything else. Ted Williams used to do hundreds of finger-eighty sell-ups, but I don't know he could bench 150. Chris has a master's degree in engineering and uses his knowledge to write about a variety of topics from an analytical perspective. How much weight are you gaining during push-ups? Wikimedia CommonsI is convinced that many fitness professionals have asked themselves this question after hundreds of push-ups. We non-fitness experts have had such sick questions for quite some time too. How much weight did I just lift? You can ask yourself after a good round of arms. Is it 90% of my body weight? No, maybe 50%? Well, in this article I calculate the percentage of weight you would expect to push during both regular and oblique push-ups. Before proper push-ups I can define what is sold, starting with math. More specifically, let's discuss the appropriate forms and technologies. First, get to the ground. Use your arms to lift your body. The back must be as straight as the board. Do not leave gluteus maximus stuck in the air or hanging low. There must be a 90-degree angle between the arm and the floor. Your hands should be placed about a half times the width of your shoulders apart and cover the body with parallels. Your body should be raised on the ball of your feet. The foot must also be touched or shoulder width set aside. If you go downwards, bend only your elbows. If the elbow broke the plane of the lower back, it can come back. Good form is the key to success and the validity of this computational CWanamaker veterinary home calculates the ratio of resistance weight during push-ups for average-sized people (I used Leonardo da Vinci's Vitruvian man to properly expand the human structure because there was no other source of body measurement I could find). Because the number of results is a percentage, it is suitable for people with the same dimensions or proportions as the regular people calculated here. However, if the legs are abnormally short or long compared to the height, the calculation is not necessarily valid. For the purposes of calculation, the center of gravity of man is assumed to act through the buttocks. Characteristics of american men on average 25 years: Height: 70 inches (1.778 m) Length of palm length: 23 inches (0.5842 m) Shoulder to hip length: 24.75 inches (0.62865 m) Hips to ankle length: 31.5 inches (0.800 m) Slope push-up The following objects are used for calculation: standard chair height: 18 inches (0.457 m) Standard counter top height: 32 inches (0.813 m) Method/Calculation I calculates the resulting force of the human hand (e.g. weapon) using the principles of engineering stillness, Newton's second law of motion and the principle of the home stated above. The metrics system is also used to simplify calculations. The normal push-upweight (W) The mass of the object multiplied by the acceleration of gravity. In this example you don't need to know the weight of a person because we are only calculating the ratio (percentage) CWanamaker triangle, the angle between the plane of the floor and the back is 24.1218 degrees. The horizontal distance from the foot to the hips is 0.7301 meters, and the hand is 1.304 meters. The force in the horizontal direction is 0. Fx = 0 The sum of forces in the vertical direction is: FY = FHand + FFoot - W = total of moments for 0 shots, because MFoot = (0.730m) ×W - (1.304m) ×FHand = 0 cleverly chose where to place our momentary equations, It's the only one we need to address to determine the force in your hand.1.304FHand = 0.730W, FHand = 0.5598W inclined push-up chair, which performs tilted push-ups on standard chairs with 18-inch chairs on the ground. The man's body is being placed on a chair with 18 key. One horizontal distance from foot to hand is 1.475 meters using CWanamaker triangulation and Pythagorean grooming. The angle between the plane at the back and the floor is 39.24 degrees. The horizontal distance from the foot to the hip is 0.620 meters. The net force in the horizontal direction is 0: FX = 0 The sum of the forces in the vertical direction is: FY = FHand + FFoot - W = the sum of the moments for 0 shots is MFoot = (0.620m) ×W - (1.475m)×FHand = 0 rear last equation, We can relate the strength of the hand to the weight:1.475FHand = 0.620WFHand = 0.420W, the power of the hand is 42% of the body weight. Push-ups tilted to the countertopHere, sloped push-ups are performed on 32 inches of the work surface above the ground and in standard sinks. The standard counter top is 32 above ground. See this slanted push-up position at home. You'll find it's very easy compared to regular push-up positions. The horizontal distance from foot to hand using the CWanamaker triangle and Pythagorean theorem is 1.311 meters. The angle between the plane at the back and the floor is 53.96 degrees. The horizontal distance from the foot to the hip is 0.470 meters. The net force in the horizontal direction is 0: FX = 0 The sum of the forces in the vertical direction is: FY = FHand + FFoot - W = the sum of the moments for 0 shots is MFoot = (0.470m) ×W - (1.311m) ×FHand = 0 rear last equation, We can relate the strength of the hand to the weight:1.311FHand = 0.470WFHand = 0.360W, the power of the hand is 36% of the body weight. Based on these calculations in conclusion, we can tell you when you are doing push-ups, you are lifting about 56% of your body weight (the other 44% is held by your feet). In other words, for an average 200-pound person, doing one push-up is similar (but not exactly the same) to doing one iteration on a aboutbench press and weighing 112 pounds. Now you know about how much weight your body pushes This is a wonderful exercise. In addition, we can certainly say that slope push-ups require much less force to perform than regular push-ups. You can lift about 42% of your body weight for tilted push-ups on a standard 18-inch high chair. For slanted push-ups with your hands on a standard 32-inch high sink, expect to lift about 36% of your body weight. Verification of resultsThink this calculation weighed in both the standard and tilted push-up positions and standing positions. I did my best to measure the strength of my arm in the configuration above using the standard bathroom scale. It was actually pretty difficult to capture scale and measurements in the sink because it kept trying to slide away from me, but I eventually got it (and a good abdominal workout too!). The table below summarizes my measurements and calculations. Weight (standing)=weight (push-up)= measurement ratio (lbs) (lbs) (%) (%) (36%→18'2111047%42% slope 32'2118038%36%) is interesting to note that the relationship between inclination and weight ratio is almost linear, which helps to visualize and compare the results of the measured calculation. Based on the CWanamaker verification measure, I would say that the results are a good representation of what you expect to see in real life. These calculations also agree with the current published study on the issue, which says that 50 to 75 percent of body weight is released during standard push-ups. Because everyone's body shape and weight distribution are different, the actual percentage of weight lifted during push-ups varies. This content is not intended to replace the formal and individualized advice of professionals who are accurate, faithful and qualified to the best of the author's knowledge. Commentssome others on the Internet on January 13, 2020:Brian. Relationships are monogamous. Brian Parsons November 20, 2019:Can you confirm the relationship between slant bench presses and regular push-ups?Some people october 23, 2019:I I think this is right because the bench is 5x5 135 pounds and my weight is 155 pounds. My push-up is about 85 pounds if it's 55% of my weight, and I weigh push-ups of +45 pounds to 5 x5 but more. That's about 133 pounds. So I don't think this is 70%, as most people say. Not to say on February 17, 2018:Unfortunately, there are some mistakes in the calculation. As mentioned below, 1.475 is inaccurate. Also, more importantly, it does not take up the angle of the arm. The slope of pushing up to the vertical arm is less easy than regular push-ups. It is easier to tilt by pushing the arm perpendicular to the body. In the latter case, the math is easier just by looking at the moment for the foot along the length of the body and solving the W perpendicular to the body. The full extension of the vertical arm raises the CofG to the same amount regardless of the arm, and the entire extension of the arm raises the CofG in smaller amounts, which is why it is easier in this case. October 28, 2017 Hunter: What about handstand push-ups? August 11 JIM7, 2017:Interesting -- Messenger 65 with lifelong blood pressure problems -- basically I'm too excited about MAXING REP WISE or straining the intestines using heavy weights -- even though it means I've done push-ups for years -- warm-up treadmill -- 7-8 PUSHUPS 4 pounds -- again TREADMILL WIDE IN NARROW STANCE -- NO DIAMONDS -- KILL ELBOWS -- CARRY A 6-8 SET OF GUNS -- I'M NOT A BEAST -- BUT STRONG FOR ALL PRACTICAL PURPOSES -- PUSHUPS ARE BOMBS -- ALL OTHER DEANON-Y MICE AUGUST 09, 2017:1.475M HAVE YOU GOT YOUR HANDS ON IT? Shouldn't it be 1.22? In addition, since the arm is not vertical in the oblique forearm, Fhand must resolve the arm up to gain the force that the person experiences. Bob on June 30, 2017:I On 70%R Williams on January 27, 2017: Nice theory and anything but the easiest way to measure this is to simply place your hand on the scale while doing push-ups. Results for me = 77% of my weight. Hutchinson Island, FL - Myrtle Beach, SC - Gilbert AZ July 22, 2015:The Great Knight. I knew the angle made a difference, but did not understand the math. Thank you for your explanation. June 23, 2015 Derby's Huis: A wonderful herb. Math usually leave me to sleep, but when it applies to a topic I'm interested in, it makes a difference. May 20, 2015:plopperzz: I made some assumptions that you very significantly change the value of power in your hands. On average, the arm is about 6% of its body weight and moves the center of mass of the entire system, changing the force on the hand, which can be about 75% of the body weight at the top of the arm while not raising the arm too much. November 23, 2014 Mazen: What assumptions did you make about your body posture at the sink. A person can push up (between the arm and the sink) at a different angle... That is, change the calculation. Can you provide some input to the calculation? Thanks a lot. November 23, 2014 Steel Engineer in Kiev, Ukraine: According to the philosophy of the Marines, you actually push the earth. The Marines are in control and change the events around them. Aura! November 16, 2014: Excellent article on Jimmy. I've also incorporated planks into my press-ups. It's tough, but it's good. Christopher Wanamaker (author) from Arizona on November 04, 2014 is awesome! Keep up the good work. Jay on November 04, 2014:I I'll admit I'm badly out of shape. But about six or eight months ago, I started doing counter palpaloups while coffee was brewing at work. Up to 50 or 3 times a day, I recently started adding 15 windmills. I'm 5'10 and about 255 or I can say that the arm is definitely hard now. Christopher Wanamaker (author) from Arizona on June 05, 2014 :Friends - Consensus! Arming is my favorite exercise that I don't need the equipment to complete. June 05, 2014 Goodwill from Singapore: An Exciting Hub! Push-ups are definitely the most convenient and affordable way to get a good workout on our core muscles! Christopher Wanamaker (author) from Arizona on March 23, :):MarkG- The weight of the head is already implicitly included in the knife. March 23, 2014 Mark G:I I agree with the whole method used for calculations, but one of the important details has been omitted. Your calculations are perfect for a headless human being. When you're doing push-ups, you need to lift your head and reflect it in your calculations. Sarah Forrester from Australia on February 06, 2014: Wow now this is an interesting idea for this hub. Very interesting answer to an old question. Nikolic Fredrag from Belgrade Serbia on February 05, 2014: Honestly, I didn't think about it. I learned something new. The hub is well documented and has good graphics. Thanks for the good herbs! Steel engineers in Kiev, Ukraine, January 05, 2014:I It's like you tune in for a higher center of male weight. For women, these rates will be slightly less. December 02, 2013 Hezekia from Japan: Good technical information, good to know. I always wondered what kind of weight I pushed up. December 02, 2013 Dennis Bissall of the United States: Thank you for sharing and great images. Push-ups are a good piece out of good for your core, and here are other tips for flattering stomachs on December 02, 2013:i do 70 push-ups at The Serie Levitate in California, 2013:What an informative hub! Thanks for sharing, man. On November 06, :) I voted for Alfin Loencontre: A very good article, I had never asked that question. And I know far fewer answers. I appreciate it. October 15, 2013 Shamita Sharma in Chandigarh: Well done my friend. It's a great message to millions of people. September 20, 2013 :) Crazy Ordinary @Ender: Your Nas would have been really high in the air... September 20, 2013 ender:I You don't know about all this. How do I explain the fact that I weigh about 185 pounds and did I sell it with my hands to rest on a scale and read it 135-140 pounds during the push-up? That is more like 75% of my weight. August 23, 2013 Oleg: Im quite unfit and decetic to change my habits. I feel like I'm dying in a good way to get through only one set. So ill do one set per day until I can get 2 sets and then do that on the second day. Do not sweat in other cardio or weight sessions. Even my eyes are sick ahahahashichin in the district on August 15, 2013: Ok, after reading some of the comments, I think I'll go back to free weight... Less questions like that... LOL!@Bob: Weighted vests are excellent additives Because of any weight exercise, I have myself a few different weighted vests to use for dips, pull-ups, push-ups, etc. Because they are attached to your upper body, it is not difficult to calculate the amount of weight in the existing percentage of body weight being applied during your routine. If you're really curious, just go buy a cheap set of free weights. Besides that, you won't know your true maximum outmooge that you can lift; As simple as that... August 15, 2013 Pierre: This is a great workout, especially if you're over 210lbs, much more of a horrihorie than you'd expect! I adapted it in some ways. Although the performance of these stress wall squats is very dramatic, try to make a flamemetric lunge instead of a walking lunge (x20). And why not do half a set instead of an extra heart through x3? August 11, 2013 Rice... Want to know about the weight ratio of a reduced push-up in a chair in a 25kg (55lb) backpack (im 70kg btw or 156lbs) in Arizona on July 25, 2013? There are not many tripods to remember. July 25, 2013 Crazy Mediocrity on Earth: Math is much easier for vertical and/or handstand push-ups; Ha! Christopher Wanamaker (author) from Arizona on July 12, 2013:Thank you Stan. I enjoy the palm hoof and generally love exercising. I combined this with my natural curiosity and I just figured out how much I was lifting. Thanks for reading. Stan Murphy from Kansas on July 12, 2013: Wow! You were really thinking of an outside-the-box on this one! I have never crossed my mind with numerous sell-outs and the amount of weight I am lifting; Just knew it was a good workout. This really made me think. Thank you!addiskr 04, 2013:Exercise is great:Exercise is great: Check it out check it out check it out tell me what you think of free CD Wanamaker (author) in Arizona in April 2013:SidKemp - Thanks for reading. I often try to check my calculations by experimenting with some kind. It helps add authenticity to the herb (and it's so much fun!) and thank you Sid Kemp of Boca Raton, Florida (near Miami and Palm Beach) on April 29, 2013, for thinking about this and sharing the results. I especially like that you test the results on a bathroom scale - as I was reading, I was waiting for it. Voting, useful and interesting. Linda Billieu from Orlando, Florida on March 06, 2013:I Do 100 tilted push-ups a day. It's a fantastic stress reliever and all your physical exercises. I had no idea I was lifting 36% - 42% of my body weight! Now I understand why I suffer so much! Ha!! Thanks for the good herbs! Ketataju from Croatia on March 06, 2013:I I always wondered but couldn't figure out how to count it, my guess would have been 50%, but it would have been the number I pulled from my hat. Great visual aids. Andy Little from Richardson, TX, March 06, 2013: Thank you! I was often wondering how much weight I pressed when I was doing push-ups, but it didn't take me long to do my research. Your herbs and opinions incorporate my research efforts. February 01, 2013 P:nice Article February 01, 2013: A better way to find the real power applied through exercise is to start with an energy-saving perspective. Take the initial energy of the system from the relative midpoint of the body to the potential energy. Then equate this value with the work done by the move. This work is a function of r-cross f, using a double integral for various thetas and various forces. Solving and plots can obtain theta and various force distributions. If someone is bored and wants to MATLAB, this goes ahead. Alternatively, assuming you have the distraction of the hand at the top as a starting point for the bottom force application, you can movment.by the forces at the top and bottom of the system. But this method is more crude. Christopher Wanamaker (author) from Arizona on February 01, 2013, is an analysis of static systems. Exercise will cause a change in the size of the force. Numerically addressing this requires complex dynamic analysis. This is beyond the scope of this article. February 01, 2013 P:You essentially determine the percentage of load applied to the hand at the rate of l/h (from hip to shoulder to tankel distance). However, this simulation shows the weight distribution of the hands and feet at the top holding position. If you have results at that limit you will find that the amount of work applied by hand (even if we completely ignore the biomechanics of push-up motion itself) does not give a real indication. For example, if a person has a long arm relative to a given height, this increases the shoulder with the ankle distance (hypoteneus in the triangle) and provides a constant horizontal distance between the hands and feet on the ground. As a result, l remains constant while h increases, resulting in a smaller hand force distribution. This simply means that a large part of a person's weight from a higher position is supported by the foot (which makes perfect intuitive sense). As wise for a person with short arms, hypotension should be reduced for a constant hand at a foot distance. It is larger because the ratio of l/h in h* (the hairs) is smaller. Therefore, this analysis only shows the force distribution of the weight of the person at the top of the push-up motion, but can not actually be given an indicator indicating the load or forced application in the movement itself. Or just press on the bathroom scale. Roll on 18, 2013:Bathroom ScaleChristoper Wanamaker (author) 27 in Arizona on December 27, 2012:Gambit Joe - sounds like a good idea. Perhaps I will calculate it in the future as well. December 27, 2012 Gambit Joe: What about push-ups on your knees? Want to account for wiz? Mount Vernon Lodge is a very fun hub for #64, Ohio, on December #64, 2012. I usually refuse or regularly when I put my foot on a chair or bench. I've asked this question before and I can see someone answering it. Thank you Christopher Wanamaker (author) in Arizona on December 09, 2012:jravity1 - Thank you! This was a funny post from MI Bellevue on November 9, 2012: Nicely Moraltomasson from the UK on November 29, 2012: Great article, recently completed my push-up and enjoy a really romantic job. September 26, 2012 Tom Poldy: I'm also interested in the decline that pushes BW%! September 20, 2012 :) Goldensred Press: Very advantageous @HubPages! I document well and love graphics. September 18, 2012 Super Job at Fort Worth TX!fituniversity:Great article! Good job. 06 September 2012 C X E:Looking back at the previous comment, I think I answered my question in the end. However, the theoretical equation does not take on2 years of change! Hum this will also mean forces changing throughout the push. As you get closer to the floor during the TH PU, theta becomes smaller on the arm, so it gets bigger (well). For this reason, comparing the weights pushed in push-ups should not be closely compared to other things with fixed weights, such as dunbells, etc. Correct me if it's wrong that I'm not sure what I said is true. September 06, 2012 C X E:DW Team, I got it. Simple year 9 triangle. When you revert the diagram, it gets bigger, so the Fw in your hand is also larger. Good effort man nd girl! September 06, 2012 C X E: How about kicking something high? Christopher Wanamaker (author) in Arizona on August 28, 2012: Selling your feet on the worktop should be harder than selling normally because it lifts a larger percentage of your body weight. However, the higher the foot, the more the shoulder plays a role in performing the exercise, which may seem easier to exercise, depending on how strong the shoulder is compared to the chest and triune. Christopher Wanamaker (author) from Arizona on August 28, 2012:Chris - On the spot you gain the weight you're pushing. Someday when I have more time I will update this article to include rejection push-ups. Thanks for reading. August 28, 2012 Chris: I asked in a hurry. Jajaja, who had a friend at work well 15 regular push-ups, said he had about 150 pounds, im 215 pounds and had 35 push-ups, a slope. My push-up, I took my feet to the counter about 3 feet high. They said I did more because it's as easy to do as I was. Is that true? August 28, 2012 Chris: What if your legs are on the counter and you put your hands on the floor? June 28, 2012 Logic: June 20, 2012 Push to ray scale:I I have to say the math is very impressive. Good Job In The Cristopper Wanamaker (author) June 10, 2012:V-Dub - Yes, I think I probably did it right. Your body shape is probably very different from what I used for this analysis. June 10, 2012 V-Dub:I In fact, when you're using a weight scale to measure the weight on your balance when you're above and below the push-up, you've found that you're using 75% of your body weight in the upper position and about 80% in down positions! May 11, 2012: I don't know if this is correct because OMW has an arm that moves Michael Lo!!! I'm Chinese and my arms are unusually long, and I've always wanted to know if it's going to make a difference!!! TYSM!!! January 31, 2012 In New York City, Conqueror: Ha... I can do my push-ups wrong.. Thank you Christopher Wanamaker (author) from Arizona on January 20, 2012: When your feet definitely rise, you gain weight. Someday I will get around updating this hub to include that kind of push-up too. On January 20, 2012, Larry Fields of Northern California wrote: thejovial: I know my workouts will be stronger. How does this apply? Do you gain weight? I think the answer to the question is yes. Look at the boundary state where the foot is upside down and the foot is just above the head. The foot does not carry the weight of the body, everything is supported by the palm of the hand. Assuming the balance is excellent, this handstand push-up is really hard! However, the fraction of the weight supported by the hand lowers your feet, transferring some of the weight 'downstairs'. One obvious factor that can increase the difficulty of high foot push-ups is that relatively strong pectoral muscles are used a little less, relatively weak front deltoids (shoulder muscles) play.billiebender came to play.billiebender in Washington, D.C. 20, 2012: Awesome post, I've always wondered about this. Amanda Zahoric, born January 11, 2012 in Philadelphia, Pennsylvania: Great Hub. I've always wondered about this because I often find myself on the road and switch to push-ups instead of bench presses to stay in shape. The numbers sound intuitive despite the shape difference, because at 50%-60% of the body weight, you're doing as many push-ups as you can with a bench press person. I will do a lot of curiosity to know how much weight is added to the reduced push-upmix, though.thejovial happens in the US on September 01, 2011:When you rise your feet? I know my workouts will be stronger. How does this apply? Do you gain weight?epatera 30, 2011 in Nebraska in August: Now I know why push-ups are so difficult! Christopher Wanamaker (author) from Arizona on July 06, 2011: Haha pizza sounds good. I weighed I checked what the results would be like and got 58%. That's very close to Larry Field's estimate of 60 percent. More information about this can be found in the article. Daniel C. Mets from Seattle on July 06, 2011: Interesting! I've always wondered Blake Atkinson from Kentucky on July 06, 2011: Well done, I've never seen anything about this before! You've almost been inspired to sell up. Then again I was able to keep wasting time on the hub page. And my pizza looks good too. On July 06, 2011, Christopher Wanamaker (author) from Arizona made many assumptions about this calculation. The weight distribution changes during push-up motion. The closer to the horizontal, the closer the estimate is to 50%. Of course, if you have unusually long arms for your body, you can turn off more than 56% of your weight. In this example I assume all of your weight works through your ass. Ideally, I would have calculated this using a series of distributed forces that represent the 'true' distribution of their body weight. However, more information about a person's weight distribution could not be found. And yes, push-ups are not exactly the same as bench presses. Depending on your skills and location, you can utilize different muscles during exercise. Richard J O'Neill from Bangkok, Thailand, July 06, 2011: Thank you for that informative work, Cwanamaker.I do sell-ups as often as possible and it is useful to know how much of my weight I am lifting while doing so. It's also a useful bit of information to impress my push-ups and friends! :) be careful. July 06, 2011 In Northern California:): Interesting. Before reading the herb, my WAG (wild ass guess) would have been 60% of the body weight. Here is the first flight of ointment. The 56% figure is good for the first approximation, assuming the arm weighs minimally. Hands containing a small percentage of total body weight do not move at all during PU. And the vertical component of the motion of the forearm is almost negligible. And the center of mass of the upper arm is 'lifted' by about half the elbow shoulder distance. So 56% of your body weight is at an upper limit. Second, the PU shown in the diagram is not really the same as the bench press. In the later, the grip on the barbell guarantees a large part of the total effort that the relatively powerful pectoral muscles have. On the other hand, the hand initially recruits more PUs (as shown in the diagram), front deltoids close to the torso, and focuses less on pecs. Anyway, vote, with some extra chutzpah points to push the envelope out of your comfort zone. Area.