

EXERCISE OF THE MONTH

Push-up

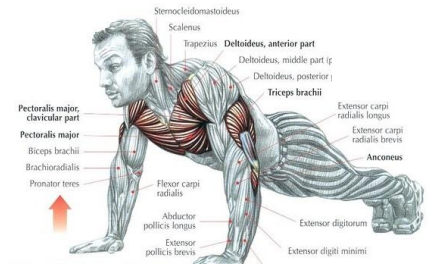
Start Position



End Position



Muscle Groups Exercised



How to Perform

Come to a hands and knees position on the mat with your hands directly under your shoulders; fingers facing forward, or slightly inward and knees under your hips. Reach one leg out and away followed by the other leg, bringing you to plank position. Your head should be aligned with your spine. Your feet are together with your toes tucked under and your heels reaching toward the wall behind you.

How to Perform

Downward Phase: Slowly bend the elbows, lowering your body toward the floor. Keep the torso rigid and the head aligned with your spine. Do not allow your low back or ribcage to sag or your hips to hike upward. Try to lower yourself until your chest or chin touch the mat or floor. **Upward Phase:** Press upward through your arms, straightening the elbows back to the starting position. Keep the torso rigid and head aligned with your spine.

Coaching Tips

- ✓ Engage your butt and thigh muscles to help maintain stability and a rigid body.
- ✓ Brace your abdominal muscles to stabilize your spine.
- ✓ Pushing through the outside surface and heel of your palm provides greater force in your press and stability to your shoulders.

** See your PFT for alternative exercise variations and equipment*