






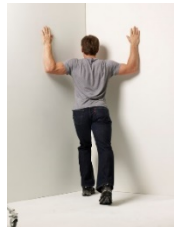
Push Up

Push Up Specific Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Push Up Alignment	Full Plank	Come into a plank position on your hands. While doing this exercise, you would want to make sure to keep that same core muscle from the first exercise activated and strong to prevent your lower back from arching. You would try to hold this exercise for as long as you can, without feeling any back pain.	
Push Up Alignment	Elbow Plank	Come into a plank position on your elbows. While doing this exercise, you would want to make sure to keep that same core muscle from the first exercise activated and strong to prevent your lower back from arching. You would try to hold this exercise for as long as you can, without feeling any back pain. To modify, lower knees to the ground till you can work up to toes.	
Push Up Stability	Inch Worm Video instructions here .	Begin standing tall and hinge your body forward. Walk your hands out in front of you along the floor, keeping your feet in place. Continue walking your arms out past the plank position. Then start walking your feet toward your hands in small steps. Continue inching your body up until your feet meet your palms, then repeat the movement.	



Push Up

Specific Correction	Name of Exercise	Description	Instructional Image
Arm Strength	Tricep Dip	Position your hands apart on a secured bench or stable chair. Slide your butt off the front of the bench with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. You can bend your legs to modify this exercise.	
Upper Body Mobility	Shoulder/chest stretch	Clasp your hands behind you and slowly raise your hands up until you feel a stretch in your chest and shoulders. Make sure to keep your shoulders back and prevent them from rounding forwards to get a proper stretch. Hold this stretch for 30-60 seconds.	
Upper Body Mobility	Chest Stretch	Keep your arms at 90 degrees, one foot in front of the other and slowly lean into a corner. You want to feel this stretch through your chest and front of your shoulders. Hold for 30-60 seconds.	

Push ups are not an easy fitness skill to obtain, but it is important to work on upper body and core strength and shoulder and chest mobility and flexibility.

You can complete the above exercises at home, and you can add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

