

Push Up Plus (Quadruped)

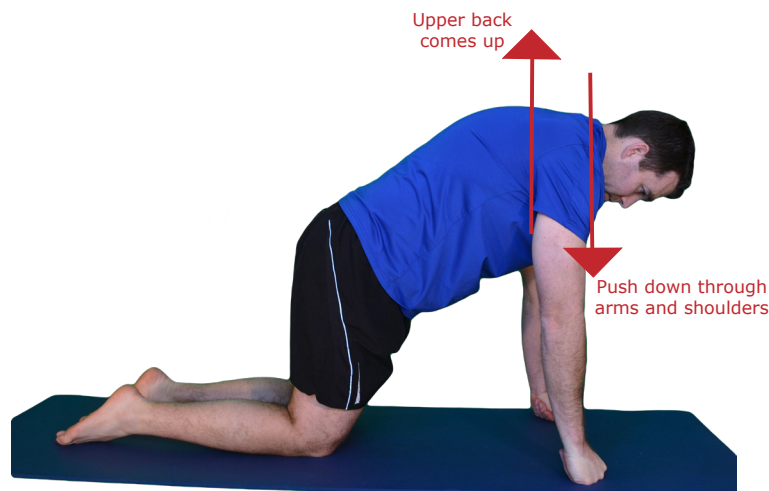
Begin on your hands and knees with your elbows straight.



Push up through your shoulders to bring your shoulder blades forward on your rib cage. As you do this you should feel tension in your upper back along the side of your shoulder blades.

Hold this position for a few seconds then slowly return to the starting position. Do NOT allow your elbows to bend as you do this - instead relax your upper back and guide your shoulder blades back towards the spine.

Repeat 10-15 times for 3-5 sets.



Tips For Success

- Do not allow the elbows to bend - keep the arms straight and push up through the shoulders and upper back.