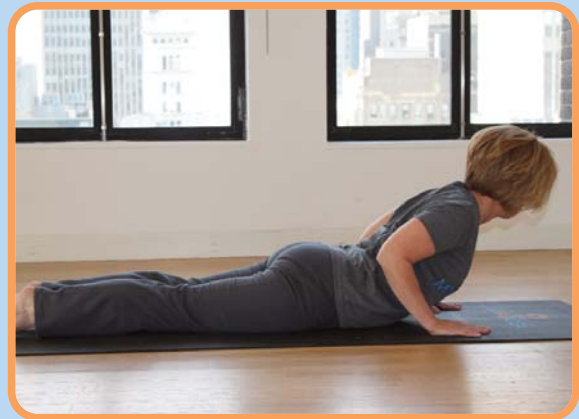


Cobra

- Keep tops of feet on floor
- Spread hands on floor under shoulders, keeping elbows tucked next to body
- Straighten arms to lift chest off the floor
- Find height that feels most comfortable to you and hold for 10-15 seconds

VARIATION: LOW PUSH-UP MODIFIED II

- Increase the bend in the elbows, or walk hands further forward
- Place legs and chest to the floor, while pressing down into palms
- Keep elbows close to the side of your body
- Drop chest to floor



COBRA



VARIATION: LOW PUSH-UP MODIFIED II