



# High Plank/ High Push-Up

- Place hands directly underneath each shoulder; elbows and wrists in a straight line
- Feet are hip-width apart
- Curl toes under so you are on the balls of the feet
- Engage front thighs
- Lift front of pelvis slightly up toward chest
- Gently lift and contract abdomen
- Slide shoulders down your back
- Gaze down to a spot between your hands

## MODIFIED I

- Place both knees to floor, and then follow the directions for high plank

## MODIFIED II

- Sit in a chair with spine straight and push outward with palms facing out



HIGH PLANK/HIGH PUSH-UP



MODIFIED I



MODIFIED II