



Low Push-Up

- Drop shoulder blades down the back. Keep shoulders square, not rounded forward
- Stack elbows over wrists and tuck them into your ribs
- Shoulders hover at elbow level
- Balance on balls of feet
- Lift belly in toward spine
- Engage and lift front thighs
- Gently lift chin
- Set a powerful gaze forward

MODIFIED I

- Place both knees on floor

MODIFIED II

- 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



LOW PUSH-UP



MODIFIED I



MODIFIED II