

Push Up Plus

INSTRUCTION: Duration 1 min

Begin in the push-up, partial push-up or quadruped position (on all fours).

Starting Position



Push your upper body further from the ground (protracting shoulder blades) as you concentrate on working the serratus anterior muscle (boxer's muscle) located on the side of your torso. Hold for 2 seconds.

Actions (Stage 2)



***NOTES:**

Repeat 12 times. If your wrists are sore, use dumbbells or contact the ground with a fist (knuckle push-ups).