

JOURNAL 2:

EXERCISE: PUSH - UP

STANCE: FEET TOGETHER
GRIP: HANDS OUTSIDE SHOULDERS
NOTES: <ul style="list-style-type: none">- SHOULDER BLADES (SCAPS) DOWN & BACK- SQUEEZE GLUTES & CORE- UPPER & LOWER BODY WORKS AS ONE PIECE (board)- SCREW YOUR HANDS INTO THE FLOOR (tension)- ELBOWS AT 45 DEGREES- LOCKOUT EA REP- TOP OF ARM PARALLEL TO FLOOR