

## PRESS UPS



### Starting position

- On your knees, place your hands slightly wider than shoulder width apart, elbows straight and back flat
- Set your lower abdominal muscles to hold your body in the correct posture



### Movement

- Bend your elbows and lower chest to the floor, feel your shoulder blades squeeze together
- Keep your neck and head in line with your body throughout the exercise

### Notes:

- Repeat x 5 - 10
- Engage your abdominal muscles throughout the exercise
- Keep neck long – don't let it sag down