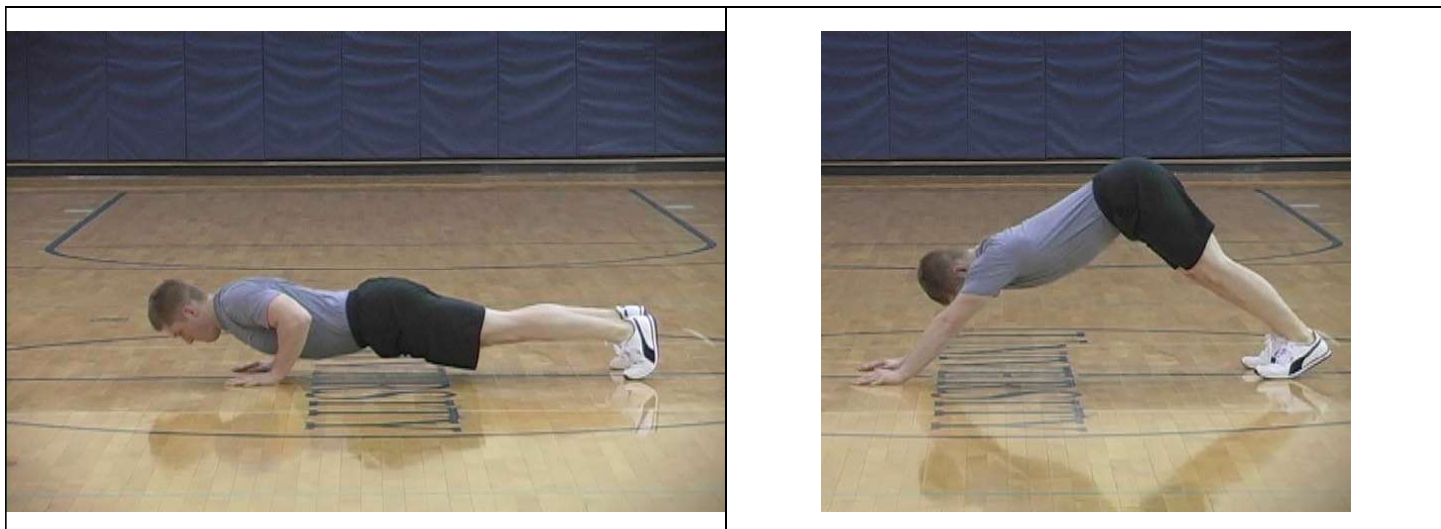


13.4 – YOGA PUSH-UPS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve extension in the thoracic spine. ▪ To promote scapular and core stability, while mobilizing the hamstrings and calves.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Start in a basic push-up position.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Perform a basic push-up with the chest, and not the chin, leading the movement. Keep the elbows tucked at a 45 degree angle to the body throughout. ▪ As you reach the top of the movement, shift your hips up in the air while driving your heels towards the ground.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the elbows tucked throughout. ▪ Don't allow the lower back to sag. ▪ Don't look up with your eyes. Keep your chin tucked throughout.