

14.4 – HAND SWITCHES



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve serratus anterior activation and strength.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up in a push-up position with the feet on the floor. ▪ You'll want a low aerobic box or step of about 6-8" in height placed to your right.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ With only a slight bend in your elbow, reach up and place your right hand on the step. Follow it up immediately with your left hand. ▪ "Walk" down to the right side of the step. Follow it immediately with your left hand. ▪ Once both hands are on the right side of step, go back in the opposite direction.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Don't allow the hips to sag. Keep the core tight throughout. ▪ Don't let the head protrude forward. ▪ Maintain only a slight bend in the elbows throughout.