

PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows.

Repeat 1 Time
Hold 5 Minutes
Complete 1 Set
Perform 1 Time(s) a Day



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



PRONE SUPERMAN

While lying face down, slowly raise your arms and legs upward off the ground. Then lower slowly back to the ground.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day





PUSH UP PLANK PLUS

Start in a push up position on your hands and toes with elbows fully extended as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



PUSH UP PLANK PLUS MODIFIED

Start in a modified push up position on your hands and knees with elbows fully extended as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day