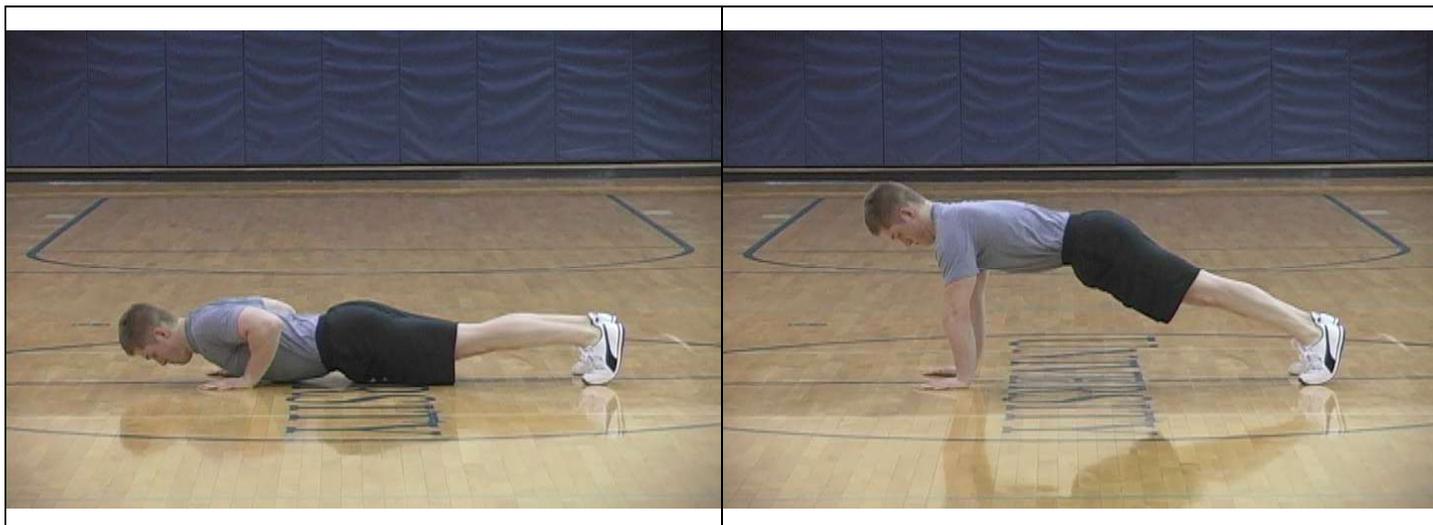


14.3 – PUSH-UP PLUS



<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. ▪ The chin should be tucked throughout.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Perform a normal push-up, leading with the chest versus the chin. ▪ As you come up to the top, overemphasize the protraction of the scapulae. This should elevate your torso a few more inches over the starting position.
<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.