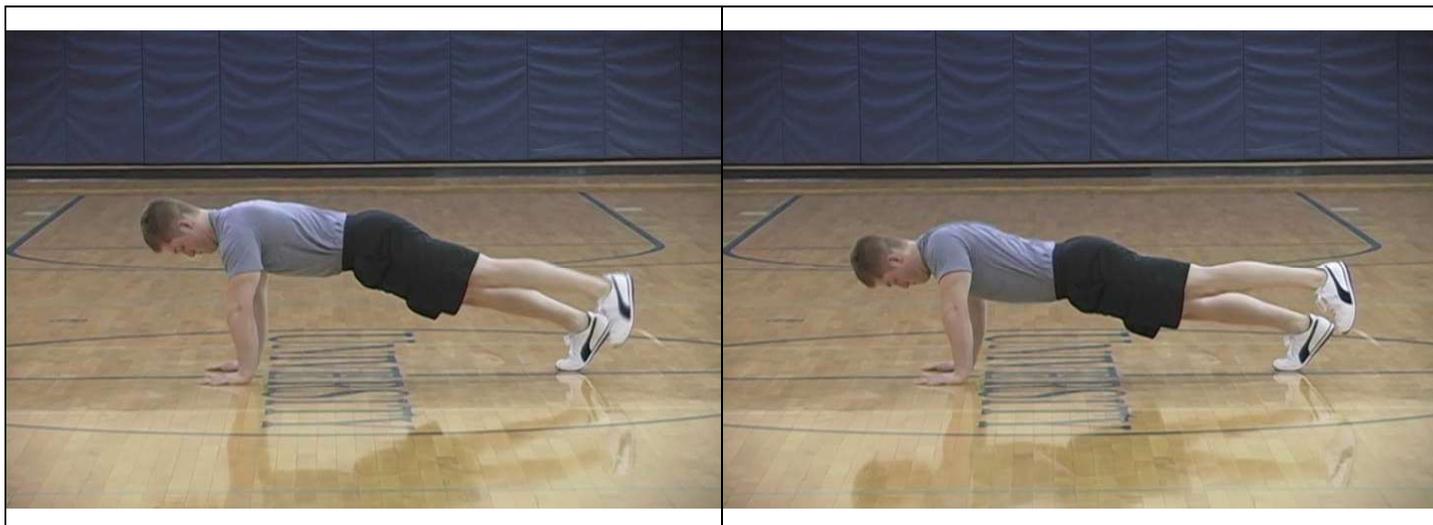


14.5 – ONE-LEG SCAP PUSH-UPS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve serratus anterior activation and strength. ▪ To improve core stability, specifically preventing lumbar extension and rotation.
<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. Next, take one foot 1-2" off the ground. ▪ The chin should be tucked throughout.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Without allowing the elbows to bend, let the shoulder blades come together. ▪ From this position, push-up to protract the shoulder blades and return to the starting position. This should elevate your torso a few more inches over the starting position. ▪ Halfway through your reps, switch which leg is supporting you.
<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 allow the elbows to bend. Move from your shoulder blades. ▪ Don't let the head protrude forward.