

APRIL EXERCISE OF THE MONTH

STABILITY BALL PUSH UP

Oops! We forgot to include the April exercise in the April newsletter. Here it is with May's exercise. Try them back to back the next time you train chest.



Place your hands on the side of a stability ball with your elbows pointed out and position yourself on your toes with your body in a straight line and your abdominals tight.

Place your hands to the sides of the ball close to the top, position your hands directly under your shoulders and elbows pointed out. Shoulders and chest should be directly over the top of the ball. Think about trying to squeeze the ball between your hands to create more strength and stability.

Inhale and gently lower yourself to the ball until your chest touches the top of the ball.

Keep your body in alignment without letting your hips or back sag or arch during the movement.



Exhale and slowly press your body upwards until your elbows are fully extended, but not locked. Maintain your head, torso and leg alignment, with your elbows pointed out. Hold this position briefly.

Repeat this exercise 2-3 times trying to complete as many reps as you are able.