

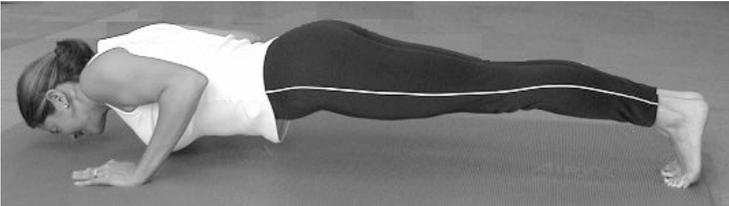
1a.



Push-up with a Plus

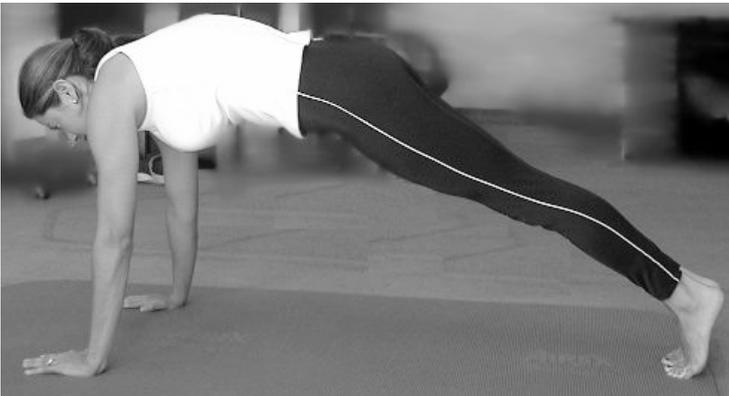
1a. Begin in push-up position with hands positioned directly under shoulders. Engage abdominals to maintain neutral spine. Squeeze shoulder blades down and back.

1b.



1b. Bend elbows bringing nose toward floor. Keep elbows in close (within 6") to ribs.

1c.



1c. Extend elbows. Push up past starting position, rounding shoulders and extending shoulder blades on ribs.

Repeat \_\_\_ times.

Dead Bug

2a. Lie on back with arms and legs in the air. Engage abdominals, pressing low back into the floor and pulling ribs toward pelvis.

2b. Keep low back stable while you move alternate arms and legs.

Repeat \_\_\_ times.

2a.



2b.

