



Upper Body Mobility And Stability: Swiss Push-Ups

Equipment:

Stability ball x 2.

Set-up:

N/A

Description:

Student will roll out in a prone position on the stability ball and perform push ups. This exercise will help develop upper body stability and strength in the arms and shoulders.

Instructions:

Student rolls out on the stability ball until it is under their thighs and will perform 5 push ups. The student then rolls out on the ball until it is under their knees and will perform 5 push ups. Finally, the student rolls out on the ball until it is under their ankles and will perform 5 push ups. All push ups should see the student go down until their chin is just above the ground.

Scoring:

All students that can complete all the push ups will score a 3. If student gets through first 10 push ups only then they score a 4. All other students will score a 5.

