



Prone Press-up

Purpose:

Increases lumbar extension.

Benefit:

Posture at address, spine angle position and rotation.

Instructions:

Lie on your stomach with your hands slightly in front of your shoulders and your elbows pointing backward. Take a deep breath. Slowly straighten your elbows and extend your back while attempting to keep your pelvis on the floor. Breathe out slowly as you straighten your elbows. Extend until you feel a gentle stretch in your lower back. Hold for 1-2 seconds at that point and lower your body back to the floor. Repeat for the designated repetitions.

Quantity:

Hold _____ reps _____ set(s)

