

# Liz Harper Fitness

Health & Fitness for people who live in the *Real World*

## Straight Leg Push-ups



- Lie face down on the ground. Support your body on the balls of your feet and position your hands slightly wider than shoulder width apart. Keep your arms straight but not locked with a straight and FLAT back.
- Bend your elbows to lower yourself (chest) to the floor. Just before your chest touches the floor straighten your elbows to push back up to the start position.
- Perform 3 sets of 10 -15 repetitions.
- (Important technique notes: Stabilise the scapula and shoulder girdle by retracting and depressing the shoulder blades. This activates the trapezius and rhomboid muscles from the rear and the pectoralis minor and serratus anterior muscles from the front. To do this... imagine you have a platinum AMEX card in between your shoulder blades and you get to keep it, if you don't drop it! This will also minimize injuries by properly activating the rotator cuff muscles.)

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