

# Tricep Pushup to Side Plank

**Purpose:** Develop balance and strengthen the upper body and core

**Target Muscles:** Triceps, chest, core, hips, and thighs

**Equipment Needed:** Mat or cushions surface for knee

**Start:** Begin in a push-up position with the hands placed directly under the shoulders and right knee resting on the ground. Extend the left heel behind you, raising the leg off of the ground level with hip height.

**Lower to Floor:** From start position, inhale and bend at the elbows to lower the chest to the floor. The elbows should tuck in close to your rib cage, placing the work emphasis on the triceps. As the chest drops, allow the left heel and leg to raise up. Keep the spine neutral; visualize a straight line from head to heel.

**Pushup and Rotate:** Exhale and then push the upper body back up into elevated plank (start) position. Just before you reach the top of the push-up position, let your left toe touch down behind you. Raise the right knee off the floor and rotate to side plank.

**Side Plank:** Open the chest, torso, and thighs to the left. Raise the left arm to the ceiling and support your weight through the right arm down through the outsides of both feet. Use your core strength to stack the shoulders and hips perpendicular to the floor. Knees and toes face same direction, legs in split stance.

**Repeat:** Rotate back to start position, returning right knee to the floor and left heel behind you. Repeat for 8-12 reps, then exchange sides; left knee grounded and right heel extended.



## Modification

For a slightly easier version of this exercise, keep both knees on the floor when performing the tricep pushup. When rotating out to side plank, keep one knee on the floor and extend the opposite leg out.