

October Exercise of the Month

360 Push-up

Purpose: To strengthen and tone the body with emphasis on upper body muscles

Primary Muscles: Deltoids, Triceps, Pectorals

Secondary Muscles: Rhomboids, Erector Spinae, Rotator Cuff, Transverse Abdominus, Glutes, Quadriceps

Equipment Needed: None

Start position:

- ❖ Starting in plank position, keep the abdominals engaged and place hands are just beyond shoulder width
- ❖ The head is aligned with the spine and feet are close together with the toes tucked under the heels reaching toward the wall

Step 1:

- ❖ Inhale, slowly bend the elbows, lowering the body to the floor. Do not allow the lower back or rib cage to sag or the hips to hike upward.
- ❖ Engaging the glutes and quadriceps, try to lower the yourself until the chest or chin touch the floor
- ❖ Exhale, press upward through the arms, straightening the elbows until you are back in plank position. Again, do not allow the lower back to sag or hips to hike upward.

Step 2:

- ❖ Shift your body placement to begin moving the exercise clockwise
- ❖ While in plank, lift the right hand followed by the left until both hands are under the shoulders to create a narrow grip at the 1 o'clock position

Step 3:

- ❖ Inhale, slowly lower the body to the floor while keeping the elbows tucked
- ❖ Keep the head aligned with the spine and lower yourself until the chest or chin touch the floor. Do not allow the lower back or rib cage to sag or the hips to hike upward.
- ❖ Exhale, press upward through the arms, straightening the elbows until you are back in plank position. Again, do not allow the lower back to sag or hips to hike upward.
- ❖ Shift the exercise to the right again; From plank position, move the right hand followed by the left until both hands are just beyond shoulder width apart, repeat Step 1 now at the 2 o'clock position. Continue until you complete a full 360 circle (or hit every hour as if going around the clock)
- ❖ Feet should remain in the same area when completing the push-ups.

