



PUSH UP + POP UP



HOW TO DO IT:

- 1 Start in high plank position with your shoulders stacked over your wrists, weight evenly distributed amongst all 10 fingers.
- 2 Hold this position maintaining a straight line with your body, flat back, tight core, and neck in-line with spine, gaze slightly in front of you.
- 3 Perform a triceps push up by lowering your chest down towards the ground, keeping your elbows pinned to your sides. Maintain a straight line with your body; head, chest and legs in one straight line.
- 4 Once at the bottom of your push up, push back up into high plank position.
- 5 At the top jump your feet in towards your hands, shoulder width distance apart, getting your feet firmly planted.
- 6 Push your hands off the ground and come up into a low squat position, hand facing outward in front of your chest.
- 7 Lead with your hands/chest as you start back down towards the ground, jumping your feet back into high plank.
- 8 Repeat.

make it easier:

Remove the push up or drop knees to perform the push up. You may also walk or step your feet forward from the high plank to low squat position instead of jumping your feet forward.

make it harder:

Add a squat jump at the top, exploding off the ground and landing in a squat position to continue the movement.