

Press Ups with Rotation

Muscle

Primarily Pectoralis Major (Chest), Anterior Deltoid (Front of Shoulders) and Triceps Brachii (Rear of Arm). Assisted by the entire body.

Information

The Press up is not only an excellent strength and endurance exercise but also an excellent total body stabilisation exercise. This variation is often used in a warm up and in wellness programmes, as it requires the entire body to work and also introduces elements of co-ordination, whilst progressing the joint stability elements of the exercise. For this reason also it may be used in later stages of muscle gain or strength work to ensure that the body continues to work functionally as well as develop size and strength.

Posture

Begin horizontal and facing the floor with the weight supported on the hands and on the balls of the feet with the toes flat on the floor as shown in the video. The hands should be in a natural pushing position - at about chest height and just outside shoulder width so that the elbows are about three quarters open and roughly above the wrists when the body is lowered close to the floor.

The body should describe one straight line from shoulders to ankle with the natural arches of the back maintained - do not allow the back to arch or round.

The neck should also be maintained in its neutral position with the gaze aimed to the floor. Do not allow the head to sag or look up.

From this position squeeze the muscles of the buttocks and the waist to stabilise the hips and the spine.

Start

Allow the body to lower under control towards the floor just until the elbow is roughly over the wrist. Squeeze with chest muscle and straighten the elbows as you push the body back up. When you press away reach with one arm upwards, turning the body to face the side whilst you pass the foot of the same side over the lower foot to add stability. Do not let the line of the body sag and keep the neck in line with the rest of the spine also.

End

Turn back towards the floor and place the reaching hand back in its original position under control. Lower the body down towards the floor allowing the elbows to bend and repeat, this time reaching to the opposite side.

