

10U/12U PHASE II - UPPER & LOWER BODY

T-PUSH

MOVEMENT

- ① • Start at the bottom of a push-up position.
 - ② • Back should form a flat bridge.
 - ③ • Perform a push-up and hold at the top of exercise.
- ③ • Lift one arm from the floor and raise towards the ceiling.
 - Roll hips so belly button faces 3 o'clock or 9 o'clock.
 - Roll onto the side of feet and keep body straight for entire movement.
 - Create a sideways T-shape with arms and body.
 - Return to the starting position.
 - Repeat raising opposite arm.
 - 1 T-Push repetition with each arm constitutes 1 full repetition.

Perform 5 repetitions, rest for 30 seconds and repeat.



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