

Exercise Prescription: Incline Pushup

Purpose of Exercise:

This is a great progression exercise to the traditional pushup.

Self-Check

Trunk Stability Pushup

Starting Position:

Start in pushup position with hands propped up on a raised platform and feet shoulder width apart. Arms should be under your shoulders and the weight should be towards the outside of your hand. You may place a rolled towel on your lower back to give stability feedback during the exercise.

Exercise Description:

Brace your core and pull yourself towards the platform. Make sure to keep your spine stiff and remember not to hyperextend your back or let your hips fall down to one side. Once you reach the bottom of the movement, sniff some air in against your braced core and push yourself up.

Instead of yielding to gravity, actively pull yourself towards the platform. This will help activate the necessary muscles to stabilize your shoulder during this exercise.

Pictures:

