

Exercise Prescription: Pushup Shoulder Tap

Purpose of Exercise:

This is an exercise that emphasizes hard core stability in the pushup position.

Self-Check

Trunk Stability Pushup

Starting Position:

Start in pushup position with hands under your shoulders with your weight towards the outside of your hands. You may place a rolled towel on your lower back to give stability feedback during the exercise.

Exercise Description:

Brace your core and shift your weight onto one hand. Quickly but under control, tap your shoulder with the opposite hand without letting your shoulders or hips drop, then return to a stable pushup position.

Repeat on the other side. If one side is more difficult, do double the reps on that side. Make sure to keep your spine stiff and remember not to hyperextend your back or let your hips fall down to one side.

Pictures:

