

Exercise Prescription: Single Leg Pushup

Purpose of Exercise:

This is an exercise that emphasizes hard core stability while putting an asymmetrical load on the core.

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, squeeze your glutes, and lift one leg off the ground. Pull yourself towards the floor. 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.

Switch legs and repeat. If one side is more difficult, do double the reps on that side.

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

Pictures:

