

## Scap Push Ups



**Description:** Begin in the high plank position with shoulders stacked on elbows stacked on wrists. If you have wrist issues you can do the same exercise from the forearms, or elevated on a bench. Ensure shoulder blades are pulled far apart, initially, and then pull shoulder blades together sinking into your back. Make sure you do not bend at the elbow and that your body lowers strictly from the shoulder blades. Keep spine long and core tight to perform exercise correctly.

**Sets/reps:** Try to achieve between 12-15 repetitions for 2 to 4 sets.

**Modifications:** To make the exercise easier add an elevated surface increasing the angle. Begin with a bench and increase size if necessary. To make this exercise more challenging do the movement while on an exercise ball. This will help engage the core and increase body control.

**Common Mistakes:** The most common mistake is performing a normal push up by bending the elbows and not retracting the scapula. Ask any of the fitness staff. Dropping or arching neck, remember to tuck chin to overcome this and maintain spinal alignment.

**Target Muscles:** Rhomboids, Serratus anterior, and Trapezius.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

