

## Movement of the Week

### Push-Up with Row



**Description:** Start in high plank position holding dumbbells in hands slightly wider than shoulder width apart. Keep an elongated spine from head to heels. Slowly lower body so just hovering above the ground. Push back up in to starting position and without rotating hips, transfer weight to left side of the body while bringing right hand with dumbbell towards chest, pause at the top for a moment. Ensure shoulders remain down, no shrugging the weight towards the body. Place right hand back on the ground and repeat push-up and row with opposite arm.

**\*\*Tip:** Focus on bringing your shoulder blades towards the spine in the row portion of the movement.

**Sets/reps:** 10-15 reps for 2-3 sets.

**Modifications:** The closer the elbows to the side of the body the more difficult the exercise will be.

**Common Mistakes:** Twisting from hips, arching of the back.

**Target Muscles:** Chest, Upper Back, Core.

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