



Exercise of the Month

Handstand Push-Up + Benefits

Purpose: Increase upper body and core strength; Improve body control.

Target Muscles: Shoulders, chest, back, core.

Equipment Needed: A mat

Start: Place your hands on the ground with fingers facing the wall. Kick your feet up into a handstand, resting your heels against a wall. If this is not an option for you, start in a plank with your feet touching the wall and slowly walk feet up the wall into the handstand position.

Movement: Brace your core muscles to maintain a straight body position as you slowly bend your arms to descend to the ground. Keep your spine and neck neutral and your gaze in front of you. If you can make it to the ground, let the top of your head gently touch the mat before pressing into the ground to lift your body back up. Be careful to avoid any arching of the back on the press by squeezing the core muscles to maintain form.

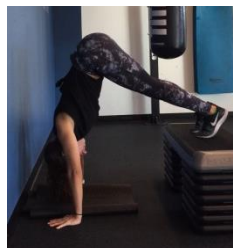
Benefits: Practicing movements using your own bodyweight provides you with functional strength necessary for a healthy life.



Not there yet?

Try the push up from one of these positions to progress to a full handstand push-up.

[Click here](#) for video demo!



From Corporate Fitness Works Team Leader, Keriann Hill