

Exercise of the Month



Spiderman Push Ups

Purpose: To increase overall strength to the upper posterior body.

Target Muscles: Chest, triceps, shoulders, rectus abdominis, obliques, core stabilizers, hip flexors, quadriceps

Equipment Needed: Body Weight

Start/Movement:

- Start in a plank position, your hands slightly wider than shoulder-distance apart, but directly under your shoulders. Your body should form a straight line from heels to head.
- Tighten your core and begin bending your elbows, so they angle backward at 45-degrees from your body as you lower your chest toward the floor. Inhale as you move through the lowering phase of the exercise.
- Pick up your right foot and draw your right knee up and out, so your right knee reaches your elbow just as your chest hovers about an inch or two from the mat.
- Reverse the movement, extending your elbows to press up to the plank position as you simultaneously extend your knee and return your right foot to the floor. Exhale as you press yourself back to the starting position.
- Repeat to the opposite side, this time bringing your left knee to your left elbow.
- Repeat 8-10 reps for 3 sets
- [Click here](#) to view video demonstration of this exercise

