

Exercise of the month – T Push-up



- Take a position with hands flat on the floor, fingers pointed forwards, shoulder width apart, back straight and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle.
- Push the body back up to starting position forcefully, while maintaining a flat back and a neutral head posture.
- Continue by rotating the left side of the body upward and lift the left arm over the left shoulder.
- Lower the hand back down and repeat the entire exercise for the right side.
- One rep consists of completing both left and right sides of the body.