

## PRONE PRESS-UP

39 A: *Beginners*39 B: *Advanced*

Purpose: Increases lumbar extension.

Benefit: Posture at address, spine angle position and rotation.

Instruction:

- Lie on your stomach with your hands slightly in front of your shoulders and your elbows pointing backward. Take a deep breath.
- Slowly straighten your elbows and extend your back while attempting to keep your pelvis on the floor.
- Breathe out slowly as you straighten your elbows
- Extend until you feel a gentle stretch in your lower back.
- Hold for 1-2 seconds at that point and lower your body back to the floor. Repeat for the designated repetitions.

Quantity: Hold \_\_\_\_\_ \_\_\_\_\_ reps \_\_\_\_\_ set(s)  
set(s)