

## Dive Bombers

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- Place your hands and feet on the floor, about shoulder width apart, with your hips elevated. The closer your hands are to your feet the more challenging this will be.
- To begin, your back should be flat, arms and legs extended, and your abs tight.
- Bend your arms, moving towards the floor and slightly forward.
- As you near the floor with your head, imagine there is a fence or rail that you are trying to slide under. Move forward under this fence, arching your back as your torso is near the floor
- Reverse the motion, moving under the “fence”, pushing with your arms back to the start position.
- This is a fluid movement, working a large number of muscles including triceps, chest, shoulders, abs/core, and even your legs. Don’t stop along the way, unless you need to rest at the start position.
- Don’t sag in your shoulders; actively push your elbows down, keeping your neck in line with your body.
- For best results, aim for 1-3 sets of 8-12 repetitions. This is a challenging exercise, so don’t be surprised if you can’t do as many at the beginning.

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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