

**Push-Up with Rotation**

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- Get into the push up position with your legs extended, or for less intensity with your knees on the ground
- Place your hands slightly wider than shoulder width apart
- With your elbows pointed out, lower your body toward the ground, pausing slightly as you near the ground
- At the top of the push up, shift your weight to one hand, tighten your abdominal muscles and rotate your body to one side. Reach with your free hand toward the ceiling, then return to the start position
- Repeat the push up, but twist to the other side on the next repetition
- Be careful to keep your abs tight and your body in a straight line throughout the exercise
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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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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