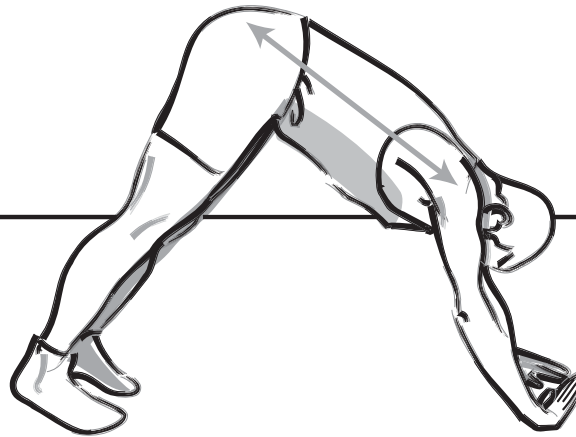




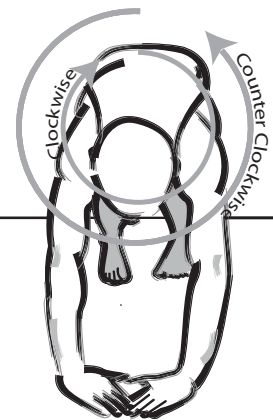
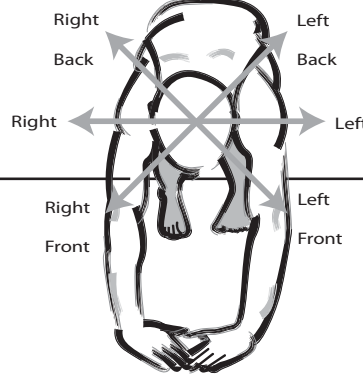
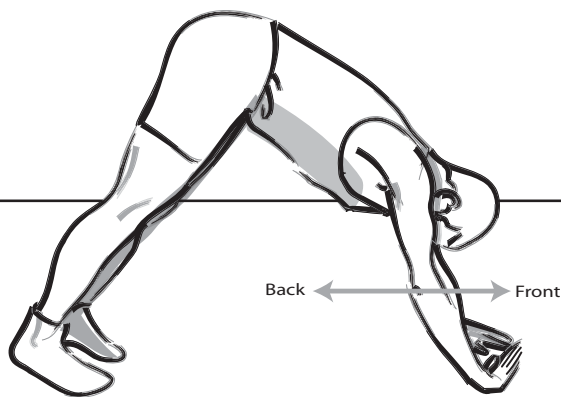
Inverted Pushups On Hands

Performing
Arts
Physical
Therapy



Start in a kneeling position. Place palms down on floor, with index fingers and thumbs touching so that your hands make the shape of a diamond. Extend your elbows to straighten your arms. Straighten your knees while reaching your heels toward the floor. Your body should be in an upside down V with your abdominal muscles engaged and your neck lengthened. Be sure to keep your upper body in one long line.

Lengthen your spine and push your hands into the floor to lift your body out of your shoulder girdles. Hold for 3 counts, then release and sag into your shoulder girdles. Repeat 5 times. Do 3 sets with at least a 1-minute rest in between.



Inverted Weight Shifts/While holding this position, shift your weight as follows: side to side, forward to backward, diagonal patterns and circles clockwise and counter clockwise.

Start with a few shifts and progress as tolerated. You should feel no pain/strain in shoulders or neck. Remember to keep hands and heels on the ground.