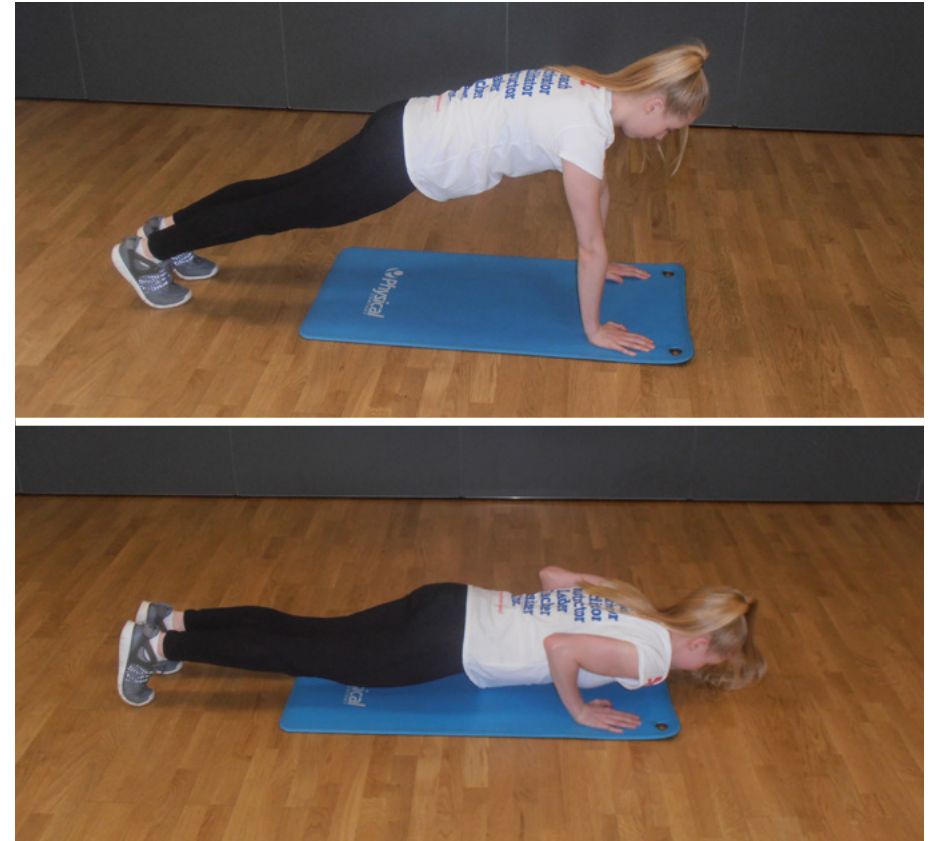


Push



Coaching Points

1. Spine – Body remains straight and braced at all times. Head remains in neutral position
2. Position – Hands under shoulders, fingers facing forward
3. Shoulders remain 'down & back'
4. Elbows tight to ribs (no visible gap between elbows and ribs)
5. Lower chest to floor and return



THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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