



The Set-up

- Head and neck supported lower on the ball
- Feet wide, glutes and hips relaxed - no leverage
- Set-up with dumbbells neutral and on chest
- Grip - thumb wrapped over not under



Key Points

- Push up to full extension, and turn them out at top
- Remember do not use hips when fatiguing focus instead on relaxing them more



gstarfit
eternalyouth

