



### The Set-up

- Head and neck supported on the ball - high bridge
- Grip - thumb wrapped over the top
- Start with arms up and drop to 90 degrees
- Extend to full extension - supenate at the top



### Key Points

- From your armpit to your elbow - perfectly still
- Bend to 90 degrees from elbow
- Your elbow joint is straight at top - not turned out to the sides



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