

Pushups with A Plus

Type: Strength

Muscle(s) Worked: Pectorals and Rhomboids

Equipment Needed: Light hand weights

INSTRUCTIONS:

1. Assume a standard pushup position with your feet slightly apart and your hands slightly wider than your shoulders.
2. Do a regular push up, going down and back up straightening the arms.
3. When your arms are straight, push your mid-back straight up towards the ceiling and then back to the start position.

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