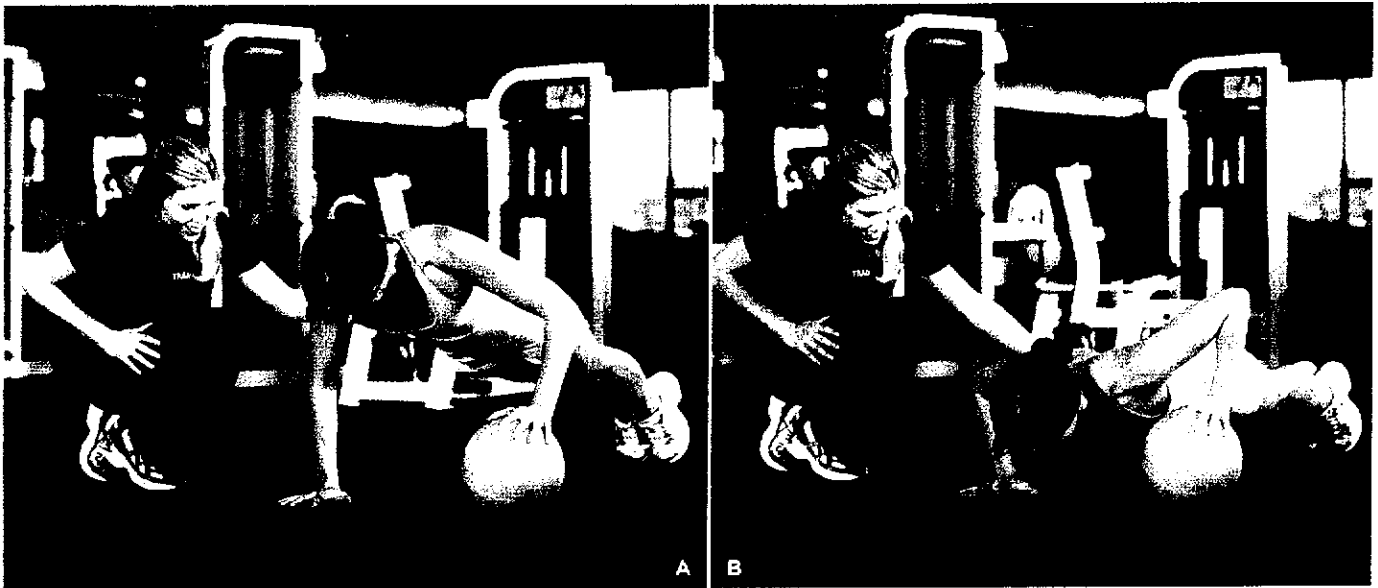


Advanced: Rolling Ball Push-up

target training



rolling ball push-up

Works chest, triceps, shoulders, and core

- Get in plank position on toes or knees with left hand on top of a medicine ball, elbow bent, and abs pulled in tight [A].
- Bend both elbows to lower chest toward

the floor [B]. Press up to starting position to complete 1 rep.

- Roll the ball to the right, place right hand on it, and repeat. Continue rolling the ball to the opposite hand with every rep.

➤ Trainer's tip

Don't let your belly sag; doing so decreases the workload on your chest.