

Move of the Month

Define Your Arms with Side Push Ups



Lie on your side with feet together and rest on your bottom arm. Place the hand of your top arm on the floor, in front of the wrist of your bottom arm, fingers point towards your upper body.



Slowly raise your upper body off the floor by straightening the elbow of your top arm and then lower your body by bending that elbow. Perform 12-15 reps on each side.

(For an advance Side Push Up, keep your legs lifted so your feet are off the floor the entire time.)
Courtesy of Living Lean - 360-7051