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## Inch Worm

- Start in a press up position, hands palm down, shoulder width apart, the same for your feet.
- Slowly, inch by inch, walk your feet towards your hands, push your glutes in the air to allow this to happen
- Walk your feet in as far as possible, allowing only a slight bend at the knee. Your hands may move up onto your finger tips
- Walk your hands back out in front until you are back in the press up position



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## Push Press

- Standing tall with the dumbbells positioned at the shoulders, palms facing each other (neutral grip)
- Dip down, to a quarter squat, quickly break this momentum and transfer into concentric action and power up
- Drive the weights up off your shoulders, they should travel a little distance on their own momentum
- Finish the push press with your arms extended overhead, slight bend at the elbows, core engaged, slight bend at the knees
- Control the weight back down to the start and repeat

