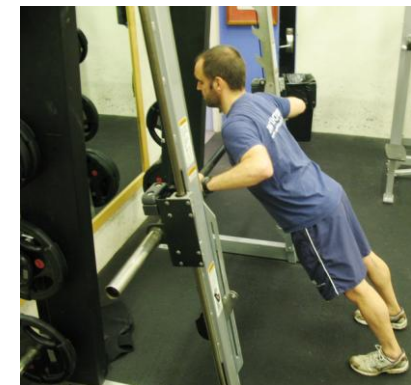
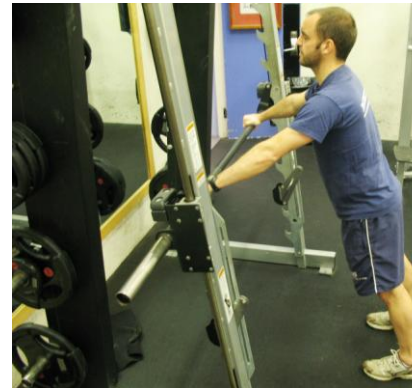


Level Two: Olympic or Smith Machine Push Up

The introduction of the bar places greater demands on the shoulder stability and also allows the user incremental changes in angle, therefore increasing gravity's effect on lumbar and pelvic control.

The user shoulder move to a horizontal position when they have mastered body awareness and control and shoulder stability is evident.



Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, triceps

Secondary Muscles: rectus abdominus, transverse abdominus, erector spinae, rhomboids

Look out for: hips sticking out, dropping just the head to the floor, spinal alignment, rotation of the shoulders

Teaching Points

- Adjust the smith machine bar so its set at the appropriate height
- Engage your core and keep spine straight and head in fixed position
- Outstretch your hands and grip the bar, just wider than shoulder width
- Bending at the elbows lower your body to the bar, stopping when the bar is just a few inches from your chest
- Keep the core engaged and spinal alignment throughout
- Push back to the start and repeat for desired number of repetitions

