

Age Less Move More

Strong Arms Movement Sheet



Yoga Push Ups

Come to all fours with your inner arms rolled out so the eye of the elbows face forward. Spread your fingers wide apart allowing your middle fingers to point to the sides of the mat. Squeeze your shoulder blades together and on an exhalation, lift your knees as you keep your ribs in and down. Hold and breathe.

When ready, Exhale, bring your elbows in and down, inhale up. Do 10 x's, pause to rest and come back up to do 10 more. Keep going until you've completed 30 reps. Come down and rest in child's pose.