

- Start on your knees and lower yourself down to your elbows. Elbows should be aligned directly below your shoulders and hands in a clasp position.
- Tuck your toes and lift your hips off the floor while keeping a straight back and engage your core. Eyes should be looking towards the floor approximately 5 inches in front of your hands.
- Hold the position for 30 seconds to 1 minute. Make sure to keep your body in a straight line from the crown of your head to your heels.
- Rest by lowering your hips to the ground. Repeat this drill at least 3 times, resting for 10 seconds between sets.

Supplies / Aids:

Equipment Needed:

Games:

Notes:

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Tips & Tricks