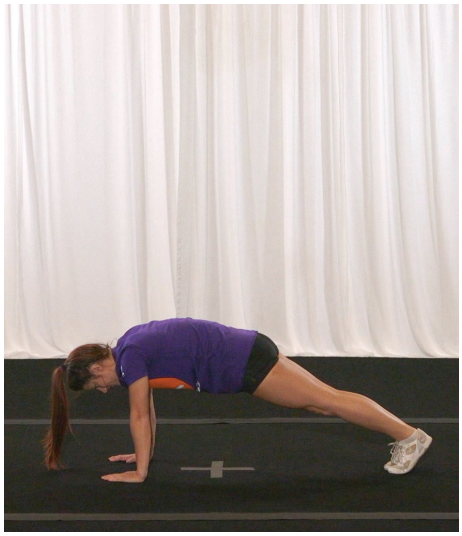
C.9 Shoulder Shrugs in a Push Up

Drill Skill Module - Core Conditioning

Start Position

End Position



1. Athlete starts in a standard push up position with toes on the floor and shoulders over wrist or alternate position with knees on the floor and shoulders over wrists.
2. Now push shoulder blades apart and round upper back.
3. Now push shoulder blades together.
4. Do this for 30 seconds working up to 1 minute.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks

1. It is hard to isolate this shoulder movement so make sure you watch each athlete do the exercise and watch the movement.

CONDITIONING