

RING: BODY

ACTIVITY: Can I Press-up?

Equipment	Mat
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Bronze

Wall Press-up

Stand arm's length from the wall with feet shoulder distance apart. Bend arms taking elbows out to side. Keep back straight and move nose towards wall X5

Can you do a wall press-up with feet arms distance from wall and touch wall with nose x 5



Silver

Box Press-up

On hands and knees with hands at shoulder width. Bend arms taking elbows out to side. Take nose towards ground slowly. Repeat x 5



Gold

Knee Press-up x 5?



Diamond

Full Press-up x10?m



Aims

- Core stability
- Balance
- Body awareness
- Shoulder strength
- Proprioception

Adaptations

Easier

Less repetitions

Harder

3 sec hold
Increase repetitions