



Inch Worm Push Up

- **Begin in standing position.**
- **Hinge forward from hips and place both hands on the ground. If you need to, bend your knees.**
- **Walk hands out to push up position and perform a push up. Keep your chin tucked and don't arch your back.**
- **Reverse the motion and return to standing by walking hands back to feet and standing up.**
- **Complete for 1 minute.**



This exercise will stabilize core and lengthen hamstrings. When walking out and in with hands minimize pelvic movement. Take that shift to left and right out of the exercise by firing your core and butt.

To lengthen hamstrings, work on not bending your knees to place hands on the ground.

If you experience pain or lose form when performing the push up, then eliminate it from the exercise and simply walk hands out and in.



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