

Push-up Progressions

Get a round ball of some sort (medicine ball, soccer ball, basketball, softball, baseball, etc...) and place it under one hand. This is designed to increase the activity of the periscapular muscles. Perform a push-up into a comfortable range of motion. Repeat with ball under opposite hand.



To progress this exercise take stability ball and put it on the edge of a table. Place both hands onto the stability ball, pinch your shoulder blades together and perform a push-up into the ball to a comfortable range of motion.

The next progression of this exercise would be to place the stability ball on the floor. Again, pinch your shoulder blades together and perform a push-up into a comfortable range of motion.