

10U/12U PHASE II - UPPER & LOWER BODY

LOG ROLL WITH PUSH-UPS

MOVEMENT

- ① • Start in Push-Up hold position.
• Perform 2 Push-Ups.
• Back should form a flat bridge.
 - ② • Rotate hip up towards ceiling lifting left hand and left foot off floor.
 - ③ • Stop with hips as high a possible contracting glutes.
 - ④ • Roll back, rotate hips back towards floor lifting right hand and right leg off the floor, into the Push-Up position.
- Perform 2 Push-Ups and 2 Log Rolls in the same direction.
 - Perform 2 Push-Ups and 2 Log Rolls in the opposite direction.
 - No bums and no knees can touch the floor.

ADVANCED

Perform 2 Push-Ups and 2 Log Rolls one direction and then the other direction. Repeat.



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