Push-up on Stability Ball

The Stability Ball creates an unstable environment and incorporates more muscles than traditional push-ups. This is an advanced exercise.

Place your shins or toes on the stability ball. Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the floor. Exhale and press up to the starting position without locking your elbows.