

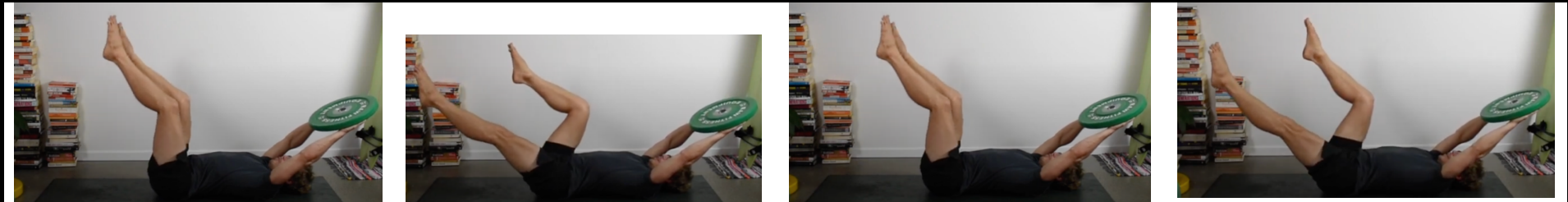
Q-SWIM 18 | PLATE (OR MEDBALL) TO PRESS



Q-SWIM 18 (SHAPES)

Touch floor. Press overhead with the shoulder blades moving towards the ceiling. Don't over extend. Focus on ribs down. 10 reps.

Ensure Elbows are higher than shoulders & wrists higher than elbows. Ribs down 10 reps.



Alternate legs for 20 reps

The Big 5: (1) Pecs (2) Latissimus Dorsi (3) Abs (4) Hip Flexors (5) Ankles