**DB T-Push-Up**

• Take a position with hands on DB on the floor

shoulder width apart, palms facing each

other, back straight, and head neutral.

• Lower the torso down towards the ground

until arms reach a 90° angle.

• Push yourself back up to the starting position

forcefully, while maintaining a flat back and a

neutral head posture.

• Continue by rotating the right side of your

body upward and pull the DB over your right

shoulder.

• Lower the DB back down and repeat the

entire exercise for the left side.

• One rep consists of completing movements

on both left and right sides of the body.

  