

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.

