

Spiderman pushup

Start: adopt a plank position supported with feet and hands on the floor.

Action: Keeping one foot on the floor and the corresponding leg and hip extended, lower the torso down by bending the elbows until the chest hovers just above the floor. Simultaneously, move the other leg out to the side, bend the knee, and bring it towards the corresponding arm.

End: Push the torso away from the floor by extending the elbows, and simultaneously extend the fee leg back in beside the supporting leg.

