

COACH VEGAS

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SPORT METHOD TRAINING™ BASEBALL PUSH-UPS

Hindu/Baseball Push-Up is an exercise that has been used by Indian wrestlers for centuries to build upper body strength and endurance. What makes this exercise so dynamic is that while building strength and stamina, you are also increasing the flexibility of the spine, hips and shoulders. When combined with deep breathing, baseball push-ups also build lung power. For those who are used to regular push-ups, you will find these to be quite a challenge.

1. Start with your hands on the floor, shoulder width apart.
2. Your feet are on the floor (no knees) and your legs are shoulder width or wider, depending on your flexibility.
3. Starting position is butt in the air, head looking back to your heels.
4. Bend your elbows and lower your body in a circular arc until your arms are straight. Your chest is up and your hips are almost touching the ground.
5. Look up at the ceiling. Inhale.
6. Push back toward your heels once again. Straightening your arms and stretching your legs, as in step 3. Exhale.
7. Back to the same position as described in step 4.
8. Do as many repetitions as you can.

OPTIONAL MOVE: Some people lack the strength to do a single Baseball Push-Up when they begin. If you fall into this category, start with an isometric Baseball Push-Up. Get into the start position and press your hands into the ground as hard as you can. Hold for six seconds while you make the "sssss" sound. After this, move into the arched position. While looking skyward, flex and contract your body and push your hands into the ground. Hold for six seconds while making the "sssss" sound. Repeat this entire sequence 3 times. You will build up strength and will soon be doing full Baseball Push-Ups.

PAIN/INJURY: If you experience shoulder pain while doing Baseball Push-Ups or if you are not able to do them due to a previous injury, it may be better to hold off on the Baseball Push-Ups while you concentrate on strengthening your shoulders from every direction with a rubber tubing to balance your strength. Also, remember to consult your physician before engaging in any exercise program.