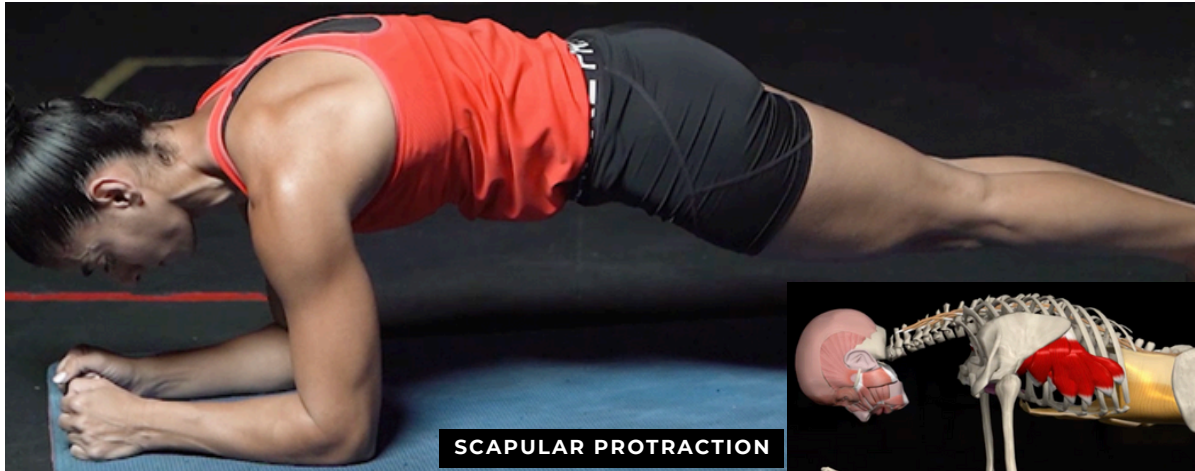


# Stay Fit For Good

## NEWSLETTER

April 4th, 2025



### The Elbow Scapular Push-up: Unlocking Mobility and Strength

Today, we're diving into a key exercise that can improve your shoulder health, enhance core stability, and build strength in the upper body: The Scapular Push-Up.

This exercise is a fantastic way to target your scapular mobility, strengthen the Serratus Anterior, activate the core, and improve your posture. While it may look similar to a traditional push-up, the Scapular Push-Up on Elbows requires a more refined and controlled movement. Proper form is essential to unlock the full potential of this exercise!

Let's build on last month's Plank:

#### 1. Start in a Plank Position

Begin by positioning yourself in a forearm plank, with your elbows directly under your shoulders and your body forming a straight line from your head to your heels. Focus on keeping your spine neutral — avoid sagging or arching in your back.

#### 2. Engage Your Core

Activate your abdominal muscles and maintain control of your body. This will provide the necessary stability for your shoulder blades to move freely during the exercise.

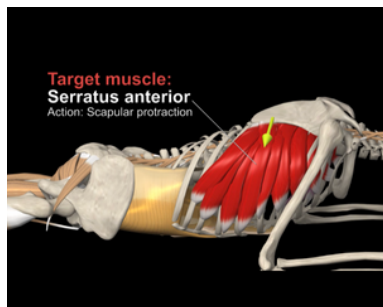
#### 3. Scapulae Squeeze

Allow your chest to gently sink towards the floor while bringing your scapulae (shoulder blades)

together. Think of squeezing your shoulder blades in toward your spine while keeping your core engaged to prevent any arching in your lower back.

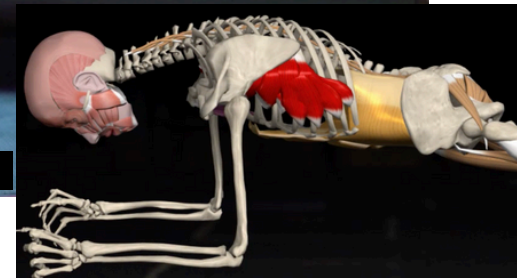
#### 4. Rounding the Upper Back

To complete the movement, push your elbows into the ground and actively separate your shoulder blades, rounding your upper back. Keep your abdominal muscles engaged to maintain a strong and neutral spine position.



Maintaining proper scapular alignment is crucial for this exercise — and for shoulder health overall. Here's why:

- **Scapular Mobility:** The ability of the shoulder blades to move freely is critical for upper body strength and injury prevention. When the scapulae move properly, they support shoulder stability and allow you to engage muscles more effectively.



### UPCOMING CLASSES:

#### SATURDAYS

APRIL 5TH - 9:30-10:30

APRIL 12TH - 9:30-10:30

APRIL 19TH - 9:30-10:30

APRIL 26TH - 9:30-10:30

#### THURSDAYS

APRIL 10TH - 9:00-10:00

APRIL 24TH - 9:00-10:00

- **Serratus Anterior Activation:** This muscle plays a vital role in shoulder function. By actively separating the scapulae in this exercise, you're strengthening the Serratus Anterior, which helps stabilize the shoulder and prevent unnecessary strain on the rotator cuff.

Ready to give it a try? Challenge yourself to incorporate the Scapular Push-Up on Elbows into your next workout, and feel the difference in your strength and mobility!

And don't forget to breathe!

*Debra Carter*