

House Box Presses

Begin by getting into a standing position with no lower back arch. Next raise one arm directly to the side, approximately to shoulder level. From the elbow joint, you are going to bend your elbow so that the hand is palm facing down and directly outstretched in front of the body. At this point your elbow should still remain at the side of your body at approximately shoulder level.

With the opposite hand, reach across the body and place this hand (palm facing down as well!) directly underneath the other hand. This will create a box that is formed between the two arms.

Now with the top hand, you are going to push downwards into the opposite hand as hard as you can without causing any motion. Try and hold this push for approximately 3 seconds. At this time you are going to take the top hand and rotate it so that the thumb is pointing upwards, and repeat the same push downwards into the lower hand for approximately a 3 count. The final top hand position is going to be a thumb down position. Repeat the downward push into the opposite hand for a count of 3.

The next step is to now take the top hand and place it on the bottom of the hand that was "previously" on the bottom. This hand now becomes the lower hand and will be placed into the original "palms down" position. At this point we are going to now push UP as hard as we can into the top hand for a count of 3. Rotate the lower hand so that the thumb is pointing upwards and repeat the upward push for a count of 3, and finally rotate the thumb to point downward (lower hand) and push upwards for a count of 3.

This entire process will then be repeated in the opposite manner on the other side of the body.

