

HEELCURVE HOCKEY

INCHWORM WITH PUSH-UP

EXERCISE MECHANICS

WHAT IT IS

A full-body movement that improves mobility, core stability, shoulder strength, and control by combining a forward inchworm walkout with a push-up and return. It primes the body for movement and helps build shoulder and core endurance.

1 START

Stand tall with feet hip-width apart. Bend at the hips and reach hands down to the ground.



2 WALK OUT

Walk your hands forward one at a time until you reach a high plank position.



3 PUSH-UP

Perform one push-up with control. Keep your core tight and body in a straight line.



4 WALK BACK

Walk your hands back toward your feet one at a time until you return to a standing position.



5 RESET

Stand tall and repeat for the desired number of reps.



KEY POINTS

- Move with control—quality over speed.
- Keep your core tight and avoid sagging or piking.
- Hands walk out, not jump.
- Full body straight line in plank and during push-up.
- Breathe steady and move with purpose.
- Great as a warm-up, not a max-effort lift.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Shoulders
- Chest
- Triceps
- Core
- Glutes
- Hamstrings
- Calves
- Hip Flexors

TRAINING TIPS

- Use as a dynamic warm-up to activate the whole body.
- Perform 6–10 controlled reps for 1–2 rounds.
- Focus on mobility, shoulder stability, and core tension.
- Great before games, practices, or strength sessions.