Get into the push-up position and place your hands underneath your shoulders
Arms not overstretched to protect the joints
Keep your upper body straight and your head in line with your spine
Open your legs hip-width apart and tense your abdominals
Raise one arm and the diagonally opposite leg
Keep the legs and arms that you raise parallel to the floor
Avoid letting your hips swing
Hold the position for a few seconds
Return to the starting position
Repeat alternately several times
**Muscle groups:** Entire core muscles