

WALL PUSH UPS



Starting Position

- Stand facing a wall and place your hands on the wall slightly wider than shoulder width apart
- Closer to the wall is easier. Start close and then step away as your strength allows



Movement

- Draw your shoulder blades together
- Inhale. Bend your elbows and bring your body closer to the wall without bending at the waist or arching your back
- Exhale. Squeeze your shoulder blades together and press your body away from the wall to the starting position
- Repeat 4 – 8 times, as strength and endurance allows

Notes:

- Increase the repetitions and step further from the wall as your strength increases