



# Wall push up



## GOAL

---

Primary: Build muscles  
Secondary: Build bones

## TARGET AREA

---

Arm muscles, Spine/Core

## DESCRIPTION

---

The wall push up strengthens your shoulders and your core muscles.

## HOW TO

---

Face wall with arms in front at shoulder height with hands against the wall. Activate you core muscle

1. Keep your body straight as you bend your elbows bringing your body toward the wall.
2. Straighten your elbows to return to the start position.

Repeat.

## REPETITIONS

---

1x5