



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