

Wall Push-offs

1a. Place hands on the wall at chest height. Step away until arms are straight.

1b. Bend elbows and squeeze shoulder blades, bringing nose toward the wall. Push off, extending elbows and releasing shoulder blades. Hands may come off the wall.

Keep neck and low back in neutral. Tighten abdominals.

Repeat ____ times.

1c & d. Start as above. Spread feet hip width apart. Keep squeezing shoulder blades as you push off with the left hand only and land on the right hand. Transfer weight from left to right foot as your body moves in an oval. Keep chest parallel to the wall.

Repeat ____ times each direction.

1a.



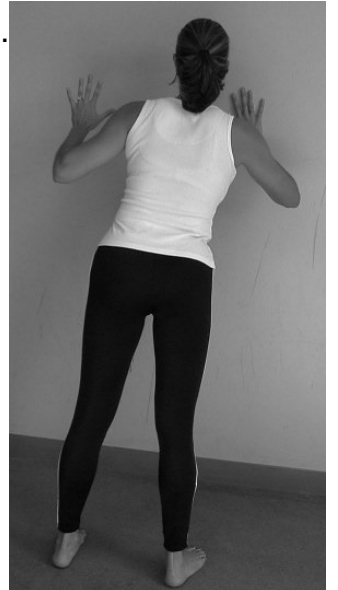
1b.



1c.



1d.



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