



Office or Home!

Wall Push

Challenge: Perform the following

Beginners: 2 set of 10 repetitions – a.m. & p.m.

Intermediate: 3 sets of 12 repetitions – a.m. & p.m.

Experienced/Pro: 3 sets of 15 repetitions – a.m. & p.m.

Wall Push: Stand two feet away from the wall with your legs hip-width apart. Place your arms at chest height on the wall, make sure your wrists are in line with your elbows. For greater chest stretch, move your hands farther apart. Turn your fingers slightly toward each other. If this position hurts your wrists, find a compensating position that suits your special needs. Turn your hands as upright as necessary to eliminate any wrist discomfort.

COUNTS: Every Wall Push-up takes four counts/ 2 counts in 2 counts out

Step 1: On a slow count of two, bend your arms and lean into the wall, bringing your face about four inches away from it. Be careful not to sway your back or cave in. Your body should be as straight as a wooden board.

Step 2: Push back on another count of two to return to the starting position. That's 1 Repetition.