

Wall Push-Up



- Stand a couple of feet away from a sturdy wall, the further you are away the more challenging this will be.
- Place your hands slightly wider than shoulder width apart on the wall. As you lean forward, keep your body in a straight line from head to heel.
- With your elbows pointed out, lower your body toward the wall, pausing slightly as you near the wall. Return to the start position.
- Be careful to keep your abs tight and your body in a straight line. If this is too easy, try doing this push up against a sturdy table or desk, or wrap a resistance band around your back and hold it in your hands during the movement.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
