

WALL PUSH UP



REAL MEN
MOVE



1. Stand with your feet shoulder width apart facing the wall.



2. Place your palms flat on the wall at shoulder height.



3. Bend your elbows and lower yourself toward the wall keeping your back straight.



4. Push away again until your arms are straight.



5. Placing your feet further away from the wall will make this exercise more challenging.



6. Do 10 push ups, relax and then do another 10.(if you have wrist pain place your knuckles against the wall to do this exercise).