

## Level 2 Strength Exercise #9: Wall Push-ups

**Objective:** This exercise strengthens your chest, arms and shoulders.

### How to begin:

1. **Begin by finding a wall that is clear of any objects such as pictures and windows.**
2. **Face the wall, with your feet shoulder-width apart, standing a little further than arm's length from the wall. Lean your body forward, placing your palms flat against the wall at shoulder height, shoulder-width apart.**
3. **Breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Pause for one second.**
4. **Breath out as you begin to slowly push yourself back until your arms are straight. Do not lock your elbows.**
5. **Do \_\_\_\_ sets, \_\_\_\_ per set.**

A.



B.



### How to progress:

1. Move to the floor on your knees.
2. Move to the floor on your toes (traditional push-up).

### Goal:

Increase to: \_\_\_\_ sets, \_\_\_\_ per set.