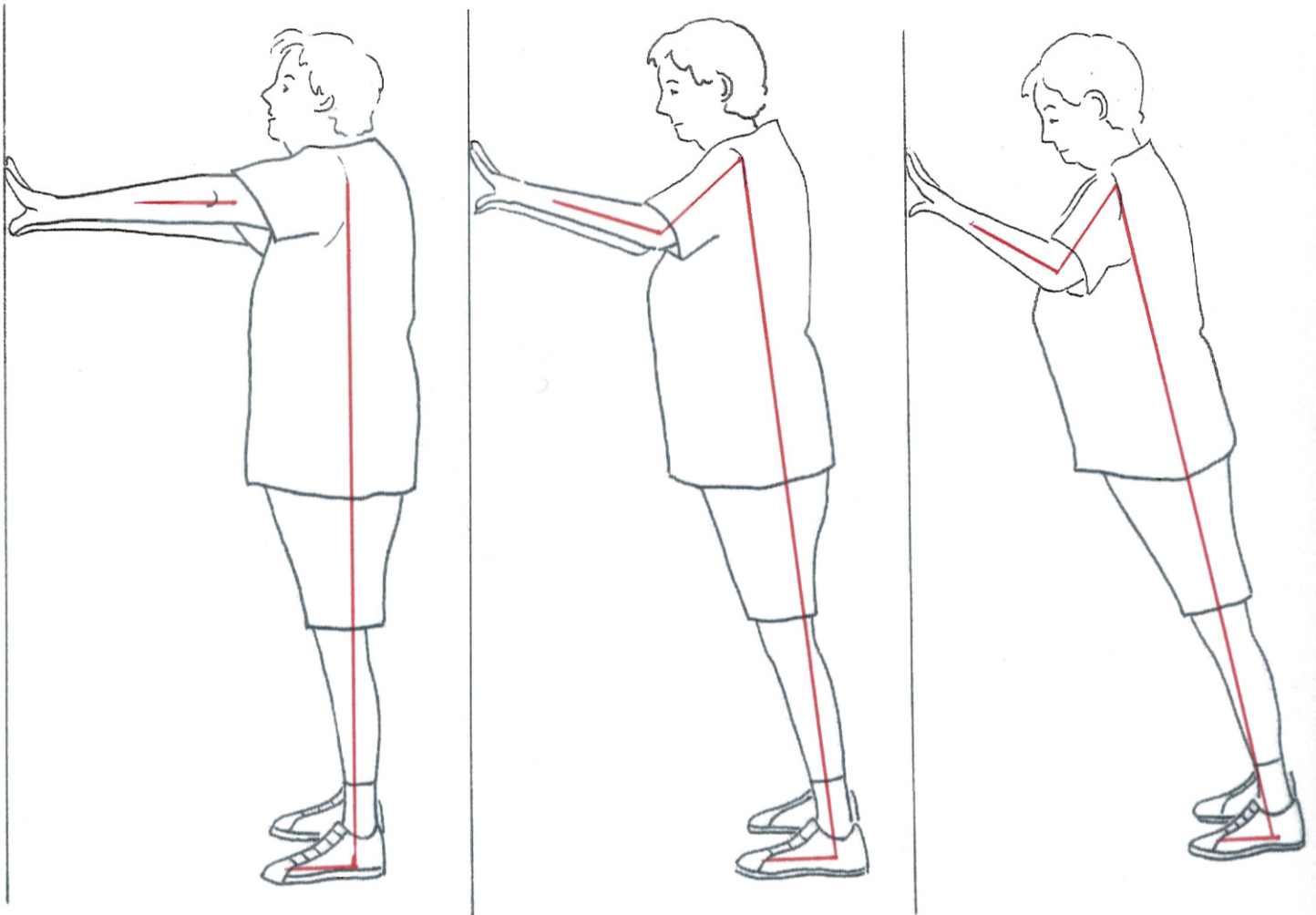


Wall Push Ups



Instructions: With arms stretched out in front of you, walk up to a wall. Place your hands on the wall at shoulder height. Think about holding your head and spine straight. Next, allow the elbows to bend so that your upper body is moving toward the wall. When your elbows are fully bent, reverse the direction, and push yourself back into standing upright. Do not allow your back to arch in the middle. You should feel work in your upper arms and shoulder blades. Repeat until muscles fatigue.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin