

# Your Exercise Routine: Wall Push-Ups

The next exercise we are going to complete is called a Wall Push-Up.

With a wall push-up, we're going to stand facing a wall about 2 to 3 feet back. Then we place our hands against the wall at about shoulder height, shoulder level, and lower our chest towards the wall and push ourselves away.

Like with the squat, we're going to complete about 10 repetitions of these and take a break. So let's do this together.

Face the wall. Put your hands against the wall. Step back about 2 to 3 feet, maintain good posture, shoulders back and down, and your hands should be at shoulder height. You don't want your hands up towards your head; you want them down in alignment with your shoulders.

Now lower your chest towards the wall, and then push ourselves back away. Lower down and push ... down ... excellent job. Down ... push back.

As you push, you're strengthening the back of your arms, or your triceps, and your back muscles, as well as your chest muscles. Your lower body, your abdominals and your lower back muscles are stabilizing for you.

We have two more ... one more ... there we go. Very good.

Now, the next progression of this exercise would be to take this exercise away from the wall, down to a lower surface - an angled surface, like a table or chair. And that's the one we'll do next together.