

Push-up (+) Against Wall **(with or without Physioball)**

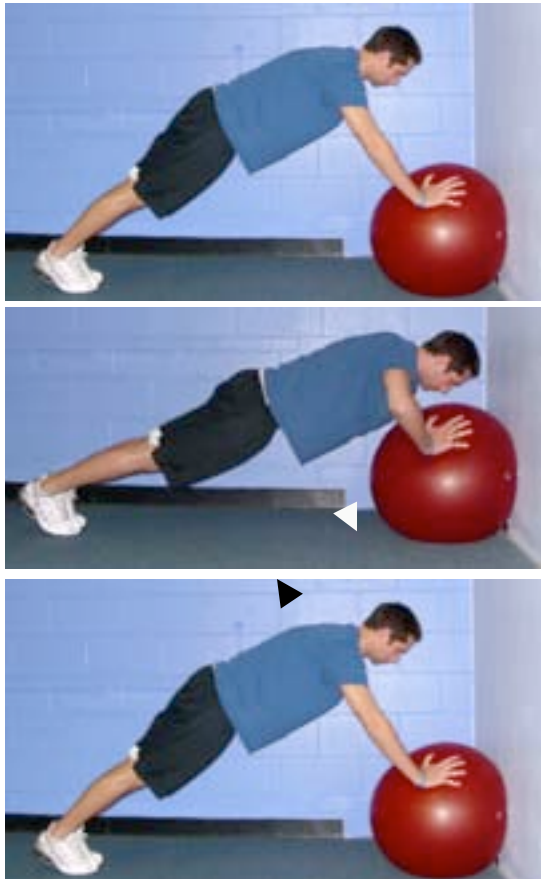
Starting position:

Standing with hands on wall, arms extended in push-up position. **When this gets easier try it with a physioball between your hands and the wall.*

Movement:

Bend elbows lowering your body toward the wall. Extend your arms pushing up and through starting position, pulling your shoulder blades toward the front of your body.

Perform ____ Reps ____ Sets ____ X/day



Push-up (+) in the Corner with **Physioball**

Starting position:

In push-up position with hands on physioball against the floor and the wall.

Movement:

Bend elbows lowering your body toward the ball. Extend your arms pushing up and through starting position, pulling your shoulder blades toward the front of your body.

Perform ____ Reps ____ Sets ____ X/day