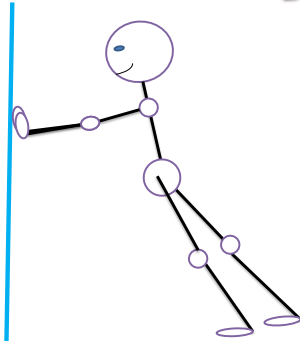


1

Wall Push-Ups

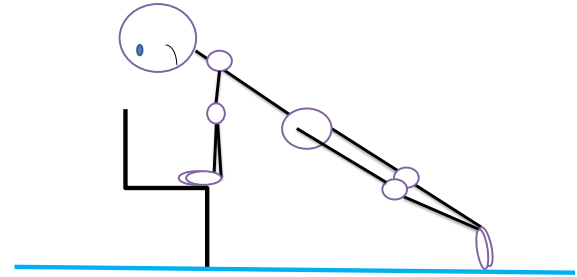


1. Try to slightly bend elbows and then extend arms.
2. Keep heels on the floor.



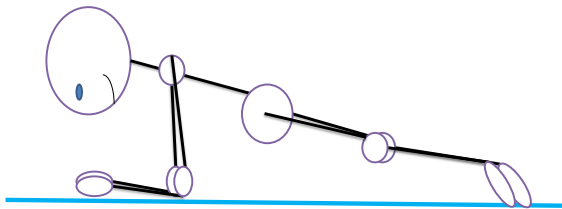
2

CHAIR PUSH-Ups



3

ELBOW STABILIZATION



4

BENT KNEE PUSH-UP

