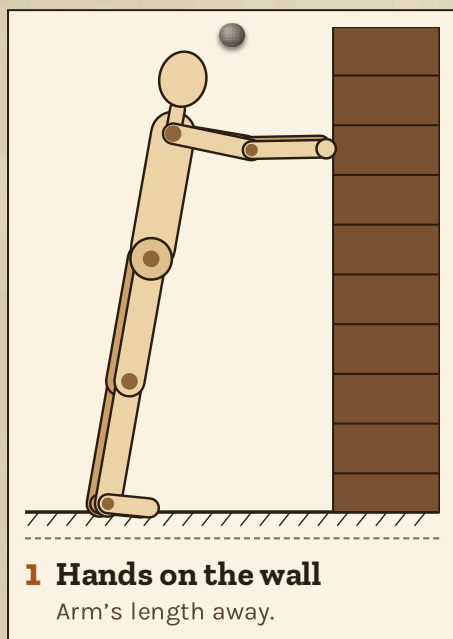


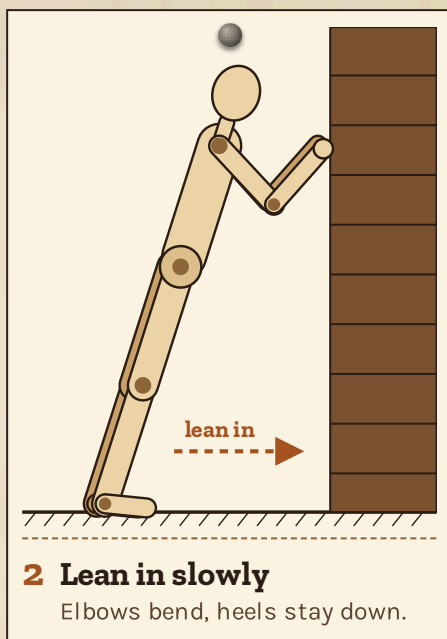


Wall press-up

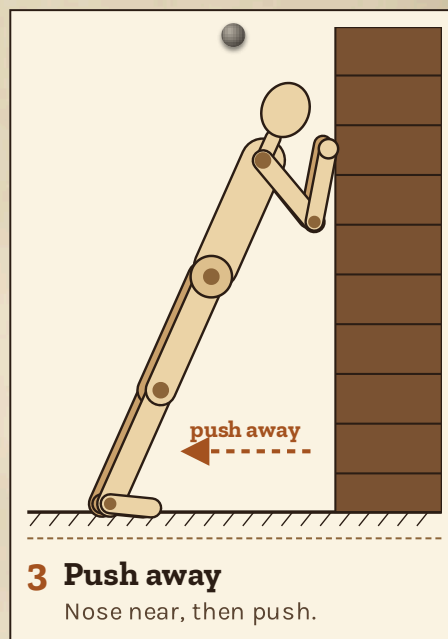
Builds the push you need to get up off the floor, carry the shopping and lift the timber. All you need is a clear bit of wall.

**1 Hands on the wall**

Arm's length away.

**2 Lean in slowly**

Elbows bend, heels stay down.

**3 Push away**

Nose near, then push.

The beat

3 seconds in towards the wall, a short pause, 2 seconds to push away. 10 press-ups is one set. Rest a minute between sets.

How to do it

1. Stand an arm's length from a wall, feet hip-width apart.
2. Put your palms flat on the wall at shoulder height, a bit wider than your shoulders.
3. Keep your body straight from heels to head, tummy tight.
4. Bend your elbows and lean in for a count of three, nose towards the wall.
5. Push the wall away until your arms are straight. Breathe out as you push.

Make it fit you

Easier

Stand a little closer to the wall. More upright is easier.

Harder

Step your feet further back, or move on to the workbench press-up.

Shoulders

Keep them down away from your ears. Any pain in the shoulder or wrist, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubbobncarpenter.com/training/wall-press-up/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.