Title: Handstand Push-ups / Pushups

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ul>

<li>With your feet against a wall, bring yourself into a push-up position.</li>

<li>Walk your feet up the wall until you are upside down.</li>

<li>With a tight core, allow your feet to support you as you slowly lower yourself towards the floor.</li>

<li>Pause at the bottom, feeling the tension in your shoulders, then push yourself back up.</li>

<li>Repeat.</li>

<li>When finished, walk yourself back down the wall.</li>

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