Title: Single-Arm Wall Push Ups / Push-Ups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Triceps

Summary: <ol>

<li style="font-weight: 400;"><b>Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place one hand against the wall.</b></li>

<li style="font-weight: 400;"><b>Keeping a tight core, slowly lower your chest towards the wall.</b></li>

<li style="font-weight: 400;"><b>Pause once your working arm forms a 90 degree angle. Contract the chest muscle and push yourself back up to the starting position. </b></li>

<li style="font-weight: 400;"><b>Repeat using the opposite arm.</b></li>

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