Title: Wall Angles

Primary Muscle Groups: Quadriceps, Shoulders

Secondary Muscle Groups: Abs, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.</span></li>

</ol>