Title: Wall Push-Ups / Pushups / Standing Press Ups

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs

Summary: <ol>

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

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

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.</span></li>

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