**OBJECTIVE**

* **Explain how to clean up and push back to remote Git**
* Cleaning up and pushing back to remote Git means making sure your local repository is tidy and in sync before sending updates to the remote repository.

**Explanation:**

1. **Clean up**
   * Make sure you are on the correct branch (usually master or main).
   * Check that there are no uncommitted changes using git status.
   * Remove any unnecessary local branches that have already been merged.
   * Delete temporary or build files (or add them to .gitignore if they should never be tracked).
2. **Pull latest changes**
   * Before pushing, always get the latest version of the branch from the remote using git pull.
   * This ensures your local branch is up to date and avoids push rejections.
3. **Push back to remote**
   * After confirming everything is clean and committed, use git push origin <branch-name> to send your changes to the remote repository.
   * Verify on the remote platform (GitLab, GitHub, etc.) that the changes are reflected.