**Wall Push Ups**

**Equipment**: None

**Instructions:**

1. Stand facing a wall and place both hands on the wall, shoulder-width apart and at chest level. Step back with your feet until your heels are off the ground, keeping your body in a straight line.
2. Bend your elbows and lower your upper body toward the wall, aiming to bring your upper arms parallel to the wall. Inhale as you lower yourself.
3. Push yourself back to the starting position, exhaling as you do so.
4. Repeat until the set is complete.

**Tips for Wall Push-Ups:**

* Keep your core engaged and glutes tight throughout the exercise to maintain stability.
* Focus on moving slowly and smoothly to maximize the effectiveness of the push-up.
* Ensure your body remains in a straight line from head to heels to prevent strain on your back.