

Pushing the wall

Take a step towards the wall and place your hands against it. Push the wall forcefully as if you were trying to move it further away. Remember to breathe. Push evenly for as long as you can.

Repeat the exercise. Put your other foot forward and push the wall forcefully again for as long as you can.

YouTube video of the exercise

<https://youtu.be/Sad0SRuPsWA>



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