

# Wall Push Up / Wall Plank

## Wall Push Up

\*These can be done against a wall or a counter top.

- Get up on your toes, keep your body as tight and as straight as a board
- Place your hands on counter, or at lower chest height if against a wall
- Activate your TA. Keep elbows near torso and eyes straight ahead
- Bend triceps with your TA active. Push away while exhaling and engaging TA
- Repeat \_\_\_\_\_ reps

\*Keep pelvis neutral (don't tuck your tail)



## Wall Plank

\*This can be done against a wall or a counter top.

- Get up on your toes, keep your body as tight and as straight as a board
- Place your elbows against wall, pushing away from the wall through your shoulders
- Exhale and engage TA and perform a TA hold for 15-30 seconds

\*Keep pelvis neutral (don't tuck your tail)