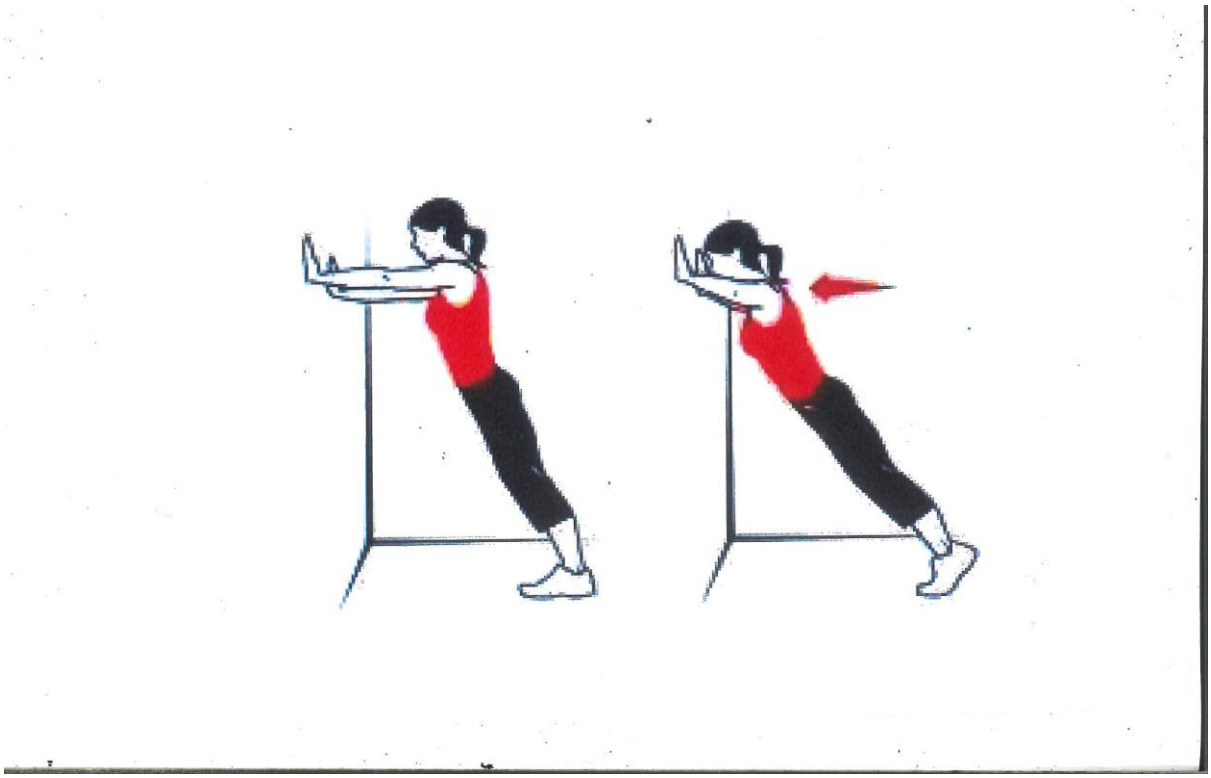
Wall Presses



Stand approximately 70cm from the wall, arms and back straight and push against the wall with flat hands 10 times.