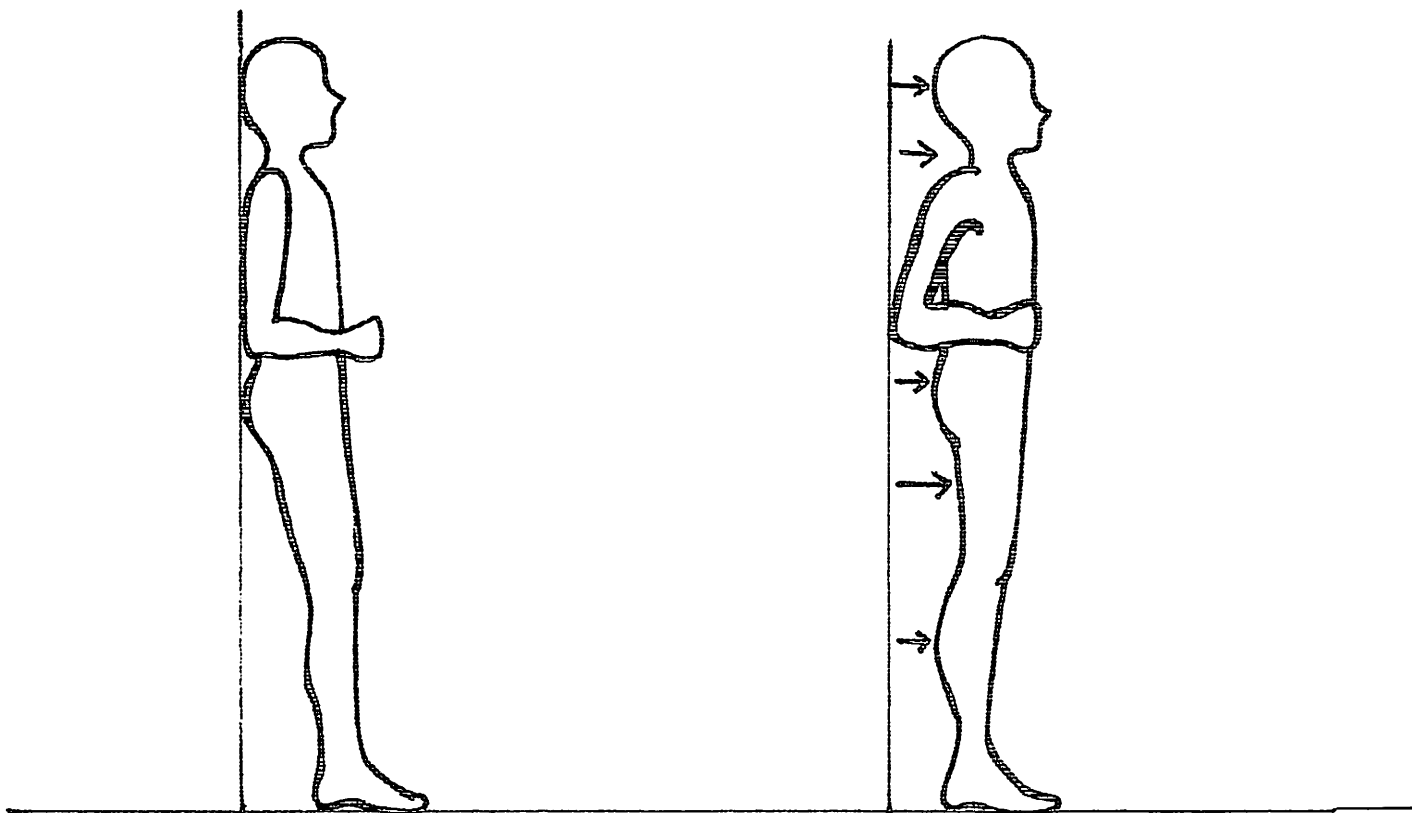


BACKWARDS PUSH-UPS

THIS EXERCISE IS DESIGNED TO STRENGTHEN YOUR UPPER BACK, IMPROVE YOUR POSTURE, AND HELP YOU HOLD YOUR ADJUSTMENTS LONGER. IT CAN BE DONE ANYWHERE YOU FIND A WALL AND IS A GREAT WAY TO RELIEVE "DESK STRESS" DURING YOUR DAY. IT IS SIMPLE AND SIMPLY AMAZING.

START WITH A SET OF 10 IN THE MORNING, REPEAT THE SET DURING ANY STRESSFUL DAY, AND DO ANOTHER SET IN THE EVENING TO HELP YOU RELIEVE THE STRESS OF THE DAY. WORK YOUR WAY UP TO SETS OF 20 2-3x EACH DAY.



STAND ABOUT EIGHT TO 12 INCHES AWAY FROM A PLAIN WALL WITH YOUR FEET EVEN AND ABOUT YOUR FOOT'S LENGTH APART. PUT YOUR BACK AND ELBOWS AGAINST THE WALL, BRINGING YOUR FOREARMS UP PARALLEL TO THE FLOOR. LOOK STRAIGHT AHEAD, WITH YOUR CHIN LEVEL WITH THE FLOOR. MAKE YOUR BODY A "PLANK". USING YOUR ELBOWS ONLY, PUSH AWAY FROM THE WALL. MAKE A BIG OPEN CHEST AND FEEL THE SQUEEZE BETWEEN YOUR SHOULDER BLADES AS YOU BRING THEM CLOSER TOGETHER. RELAX BACK AGAINST THE WALL. REPEAT.