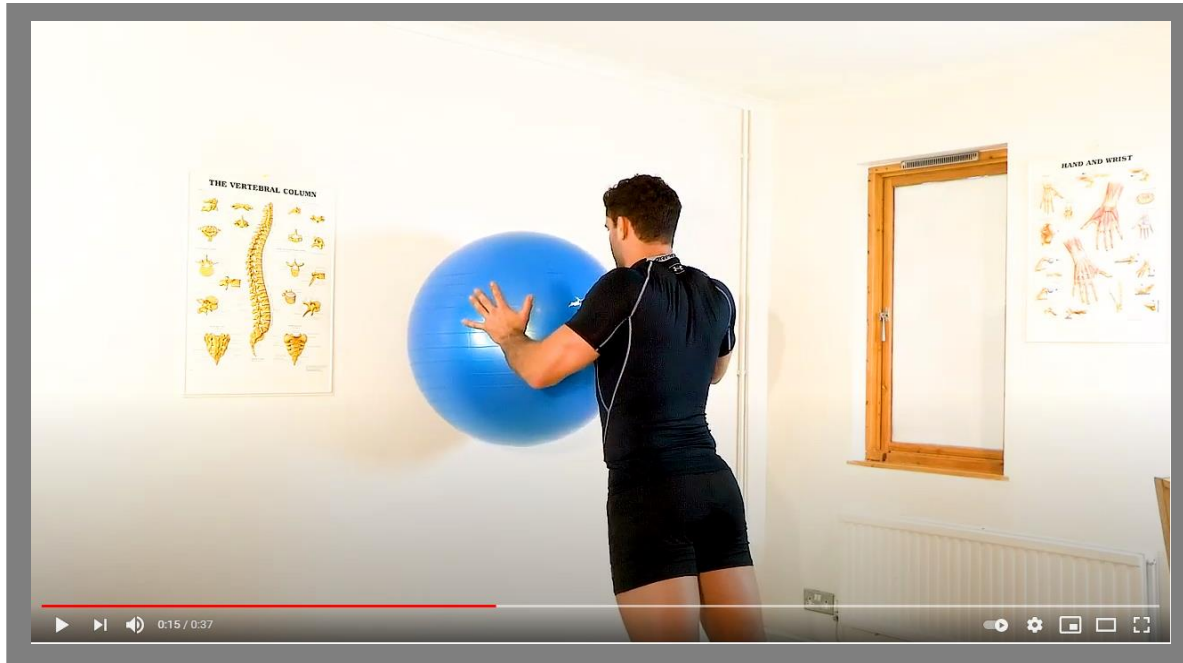


# PRESSUPS AGAINST THE WALL USING A BALL

SHOW37



## AREAS AFFECTED

**Pectoralis  
Triceps, Arms  
Core muscles**

## ADVICE

**Hold onto a large exercise ball, press it against a wall and do short push-ups. Stand slightly obliquely with legs further back. Hold it for a few seconds. Repeat.**