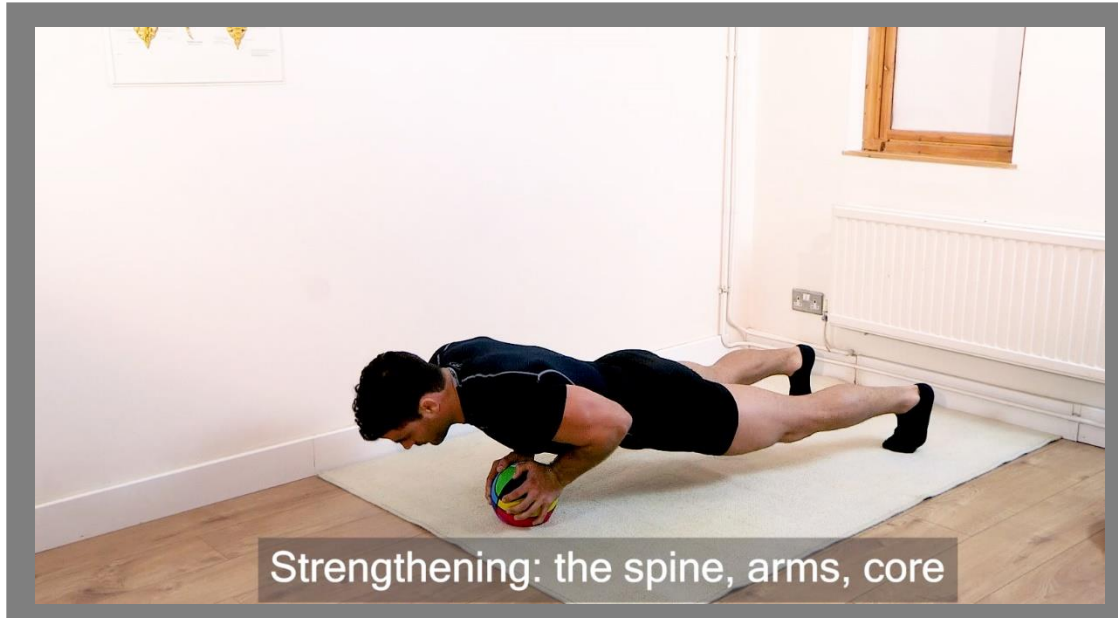


PUSH-UPS HOLDING ONTO A SMALL BALL

CORE120



AREAS AFFECTED	ADVICE
Triceps Shoulder muscles Core muscles	Do push-ups by holding onto a small firm exercise ball. Keep your elbows by your sides to isolate your triceps muscles.