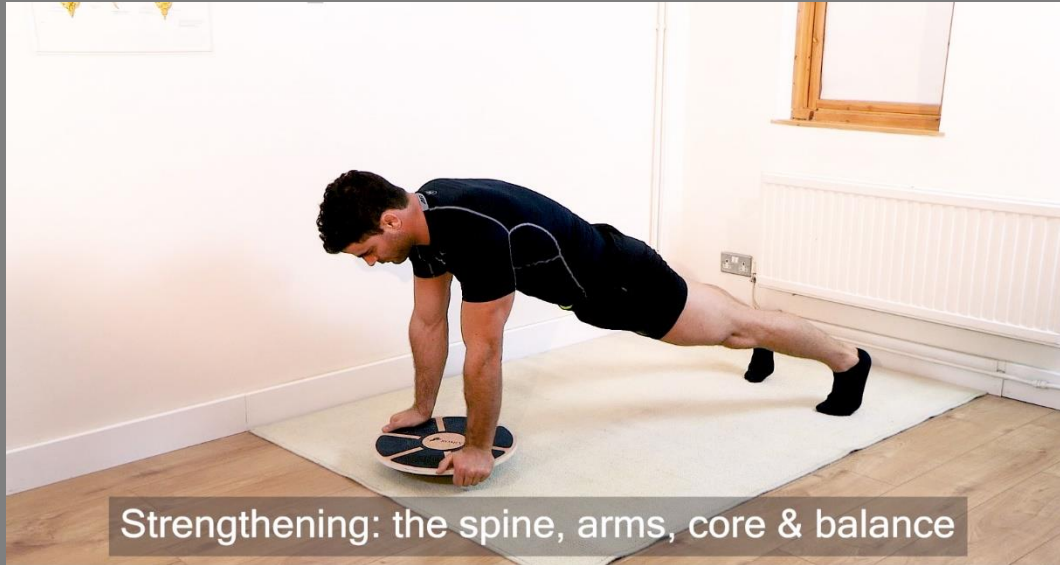


PUSH-UPS USING A WOBBLE BOARD

CORE121



AREAS AFFECTED	ADVICE
Triceps Shoulder muscles Core muscles	Grip the sides of a wobble board and do push-ups and stability training. Tilt the board side-to-side, front and back, press down-up. keep body straight.