Walking Hands up wall



GOAL

Primary: Improve posture
Secondary: Build muscles

TARGET AREA

Arm muscles, Spine/Core

DESCRIPTION

This exercise helps with posture and strengthens the postural muscles of your back

HOW TO

Stand facing a wall

1. Walk both hands up wall
2. Lift hands off wall

Repeat

REPETITIONS

1x5

DIFFICULTY DESCRIPTION

[tt:node_exercise_52_difficulty_level_1_description]