



# 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]