

Standing or on hands and knees on a mat

These exercises will help to strengthen the muscles across the front of your chest and shoulders.

Wall push up

1. Stand facing a wall, feet shoulder-width apart and parallel, just under an arm's length away from the wall.
2. Place palms flat on the wall, shoulder-width apart at chest height
3. Lower your chest towards the wall by bending your elbows, keeping them wide.
4. Slowly straighten the elbows, moving your chest away from the wall.

Floor push up

1. Kneel on the floor on your hands and knees.
2. Have palms flat down, fingers pointing forwards.
3. Have hands placed directly under shoulders with near full extension of elbows.
4. Keep back straight, no arching.
5. Slowly bend your elbows, lowering your chest to the floor.
6. Slowly straighten your elbows to near full extension, returning to the kneeling position.

Important: Ensure hands are not further up/forward than shoulders.



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