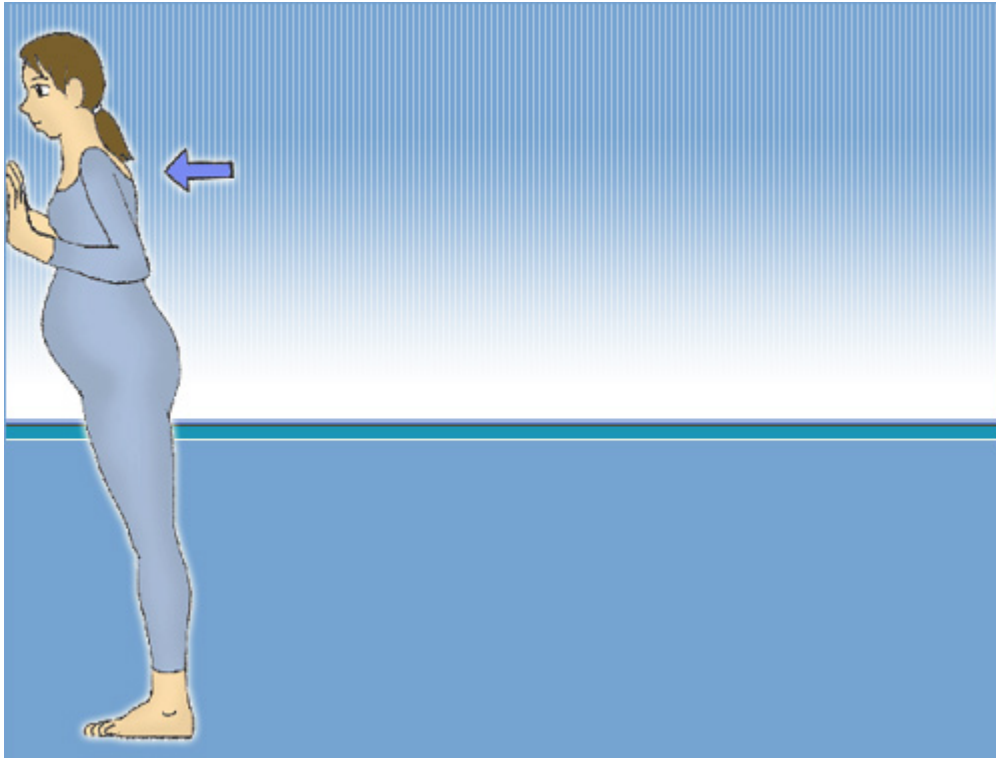


7. Push-off

MODULE 6

This exercise helps to strengthen your upper back. This is how the push-off exercise is done.

Push-Off



Push off from the wall by bending and straightening your arms.