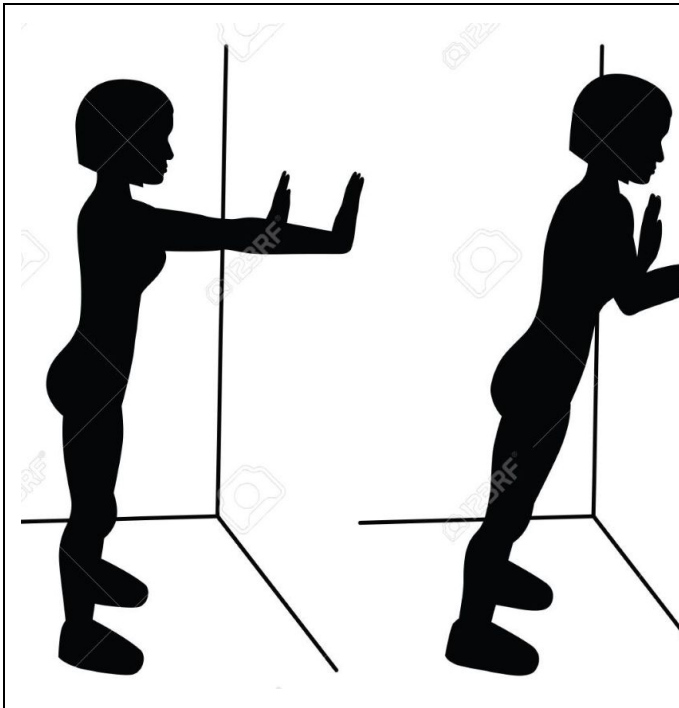
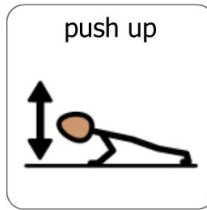
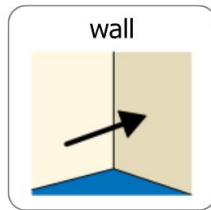


Wall Push Ups



Stand a distance away from a wall. When bending forward, you should be able to touch the wall in front of you. feet separated about a hip length apart. Lean forward into the wall and push back. Try to keep your back straight and your feet in a fixed position.

Do this 3 times, have a break and then do two more sets. As you get stronger and more confident, you can try to increase the number of push ups that you do each day.

This is a good activity to do before you do handwriting or cutting. It helps to warm up the important muscles in your shoulder and arms!