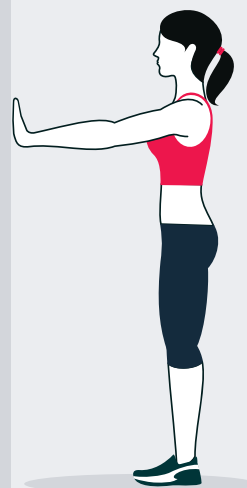


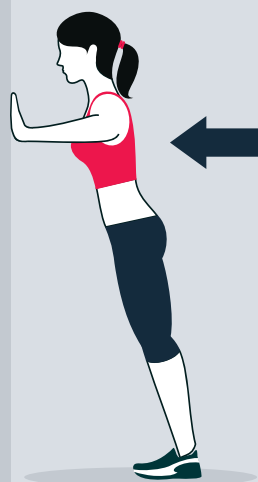
A

Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.



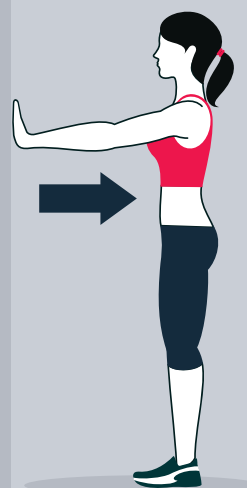
B

With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.



C

Slowly return to the start.



ATTEMPT THREE SETS OF 5–10 REPETITIONS.