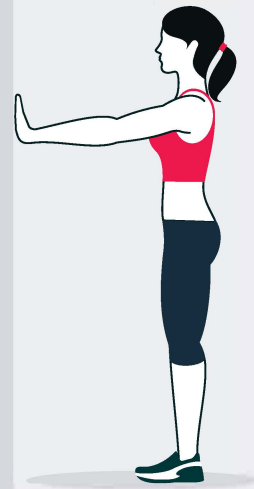


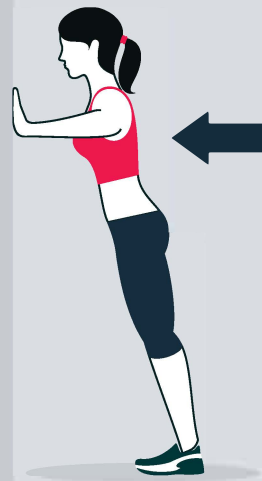
**A**

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



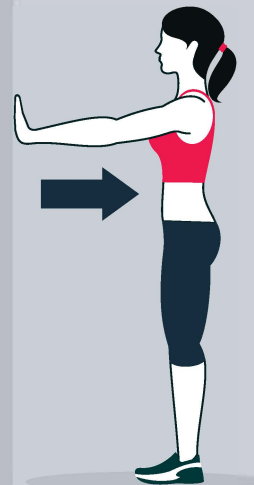
**B**

With your back straight, slowly bend your arms, making sure to keep elbows by your side. Aim to close the gap between you and the wall as much as possible.



**C**

Slowly return to the start.



ATTEMPT THREE SETS OF 5–10 REPETITIONS.