

Level One: Wall Push Up

The wall push up is the entry level horizontal push exercise as the demands on lumbar control and pelvic control are at the minimum due to decreased gravity effect. The demands on shoulder stability are also reduced due to the angle/demands of the stress through the shoulder. It allows for easy teaching of controlling stability, as well as the movement itself.

The progression from here is to move lower down the wall until the user is in a position to move on to the next level.

If a user lacks the strength to perform a wall push up due to a lack of upper body strength/stability then the signature or MTS can be used to isolate the strength of the movement. Also imbalances can be addressed with MTS

Teaching Points

- Find an empty wall and stand about 3 feet in front of the wall
- Engage your core and keep spine straight and head in fixed position
- Outstretch your hands so palms are against the wall, just wider than shoulder width and just below shoulder height
- Lean your body to the wall, keeping core engaged and spinal alignment, until the face is a few inches v
- Push back to the start and repeat for desired number of repetitions



Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, triceps

Secondary Muscles: rectus abdominus, transverse abdominus, erector spinae, rhomboids



Look out for: hips sticking out, dropping just the head to the floor, spinal alignment, rotation of the shoulders