

Standing Wall Press



1. Stand facing a wall and place both hands on the wall.
2. Keep your feet shoulder width apart and knees slightly bent.
3. Straighten both arms and maximally round out your back as you tuck your bottom under you.
4. As you inhale through your nose, gently press into the wall with both arms as you attempt to fill or expand your upper back with air.
5. Exhale through your mouth as you maintain this position.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth, attempting to expand your upper back with air upon each inhalation.
7. Relax and repeat 4 more times.

Reference Center(s): *Left abdominals, Left heel, Right arch*