Static Wall Reverse Presses

Reps:	Sets:	Duration:

Instructions:

1. Bring your elbows level to your shoulders and lift your hands at 90 degrees
2. Engage scapula and press elbows into the floor
3. Hold for 3 seconds and then relax

Position: Static Wall

Lying on your back with your legs against a wall, glutes as close to the wall as possible. Keep your feet flexed (so foot is flat to ceiling) and your knees locked straight (if can't lock knees with glutes against wall, slide body a little further away from wall until able to lock knees). Arms are out at a 45 degree angle, palms up.

Purpose: This creates thoracic extension, promotes lengthening of the posterial facial line (calves, hamstrings, through the back) while eliminating rotations of the pelvis. Promotes flexion of the hip.

Strengthens lower lats, lower traps