✓ Lie on you back
✓ Rest your upper arms on the floor, your forearms are vertically upwards
✓ Angle your legs and place your feet on the floor.
✓ Press your upper arms against the floor and bring your upper body upwards
✓ Your look is directed upwards (keep your spine straight)
✓ Hold the position briefly and return to the starting position
✓ Make sure the movement doesn´t come from your abdomen, but from your arms and that your glutes always remain on the floor

**Muscle groups:** back muscles (especially latissimus)
Push-ups on the wall

✓ Stand a little further than an arm's length away in front of a wall
✓ Place your palms a little more than shoulder width apart on the wall (fingertips up)
✓ Your feet are hip width apart, your knees minimally bent
✓ Now bend your arms until your head almost touches the wall, thereby your upper body lean forward, and your heels lift slightly
✓ Then push away from the wall again without fully extending your arms
✓ Make sure your back remains straight

Muscle groups: chest
✓ Lie down with the front of your body on the floor
✓ Your body lies on the mat from the chest to the hips
✓ Your arms and legs are stretched forward and backward, respectively
✓ Look at the floor
✓ Tense your back extensor and your glutes
✓ Now lift one arm and the opposite leg at the same time
✓ Hold the position for a short time and then lower the arm and leg again
✓ Repeat the same with your other arm and leg
✓ Lift arms and legs diagonally offset several times in alternation

**Muscle groups:** Back extensors, glutes