

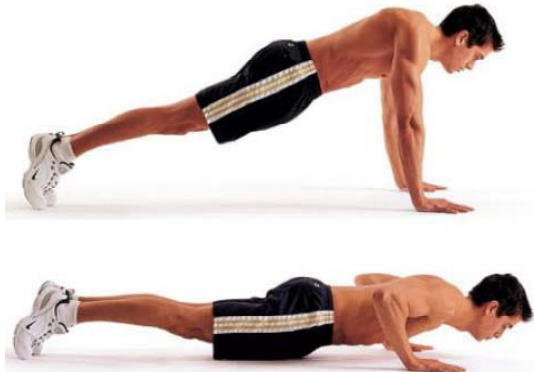


**Robyn Dey RMT**  
Massage Therapy

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## Pectoralis Major Strengthening: Pushups

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**Regular Push Up:** On your stomach, place your hands slightly outside Push yourself up and make sure that your body forms a straight line from your head to your knees. Be careful to place your chest on the ground first and not your face. of your shoulders and pull your belly button in to activate your abdominals.



**Wall Push Up:** Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.

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