Early to Rise Customer Support

Substitute - Push up

Imported User 9 - 2020-02-20 - Substitutions

I would recommend doing a Wall Pushup

How to Do Pushups Against Wall

1 Stand approximately two to three feet from a bare wall. Make certain there is nothing on the ground between you and the wall.

2 Place both hands shoulder width apart against the wall with your palms flat. Your arms should be straight, but avoid locking your elbows when in the starting position.

3 Lean in until your nose is approximately two inches from the wall. Keep your hands flat.

4 Push out with your arms to return to your starting position. Repeat this motion until you feel discomfort or until it becomes difficult to return to the starting position.