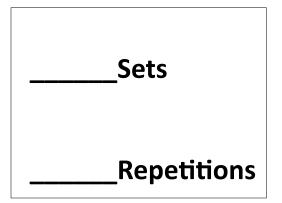


Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall.





Bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time. Then push off from the wall so that your arm is extended.

