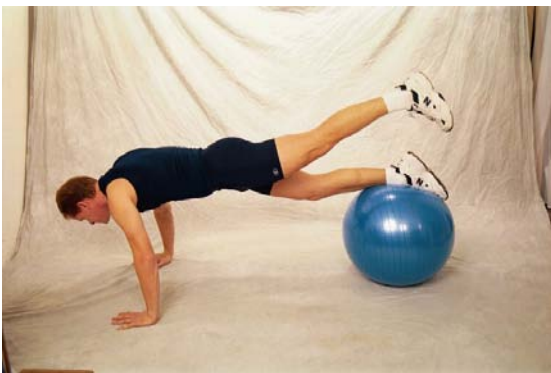


Push Ups



Push ups, Basic to Advanced



Incorporating a variety of balance challenges makes a simple exercise difficult.