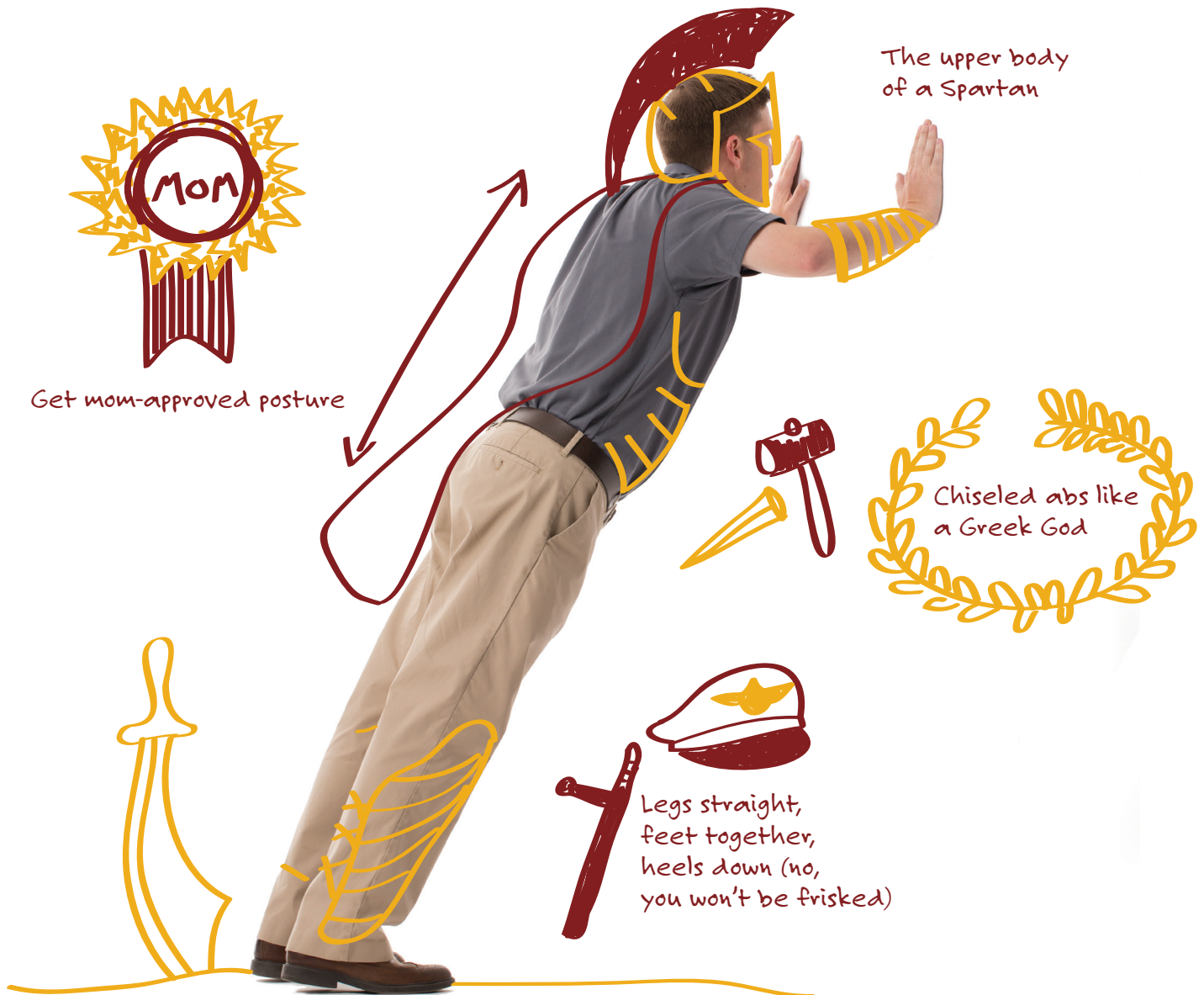


Workout at Work: Wall Push-ups



Stand facing the wall with your feet together, place hands slightly wider than your shoulders, lower your body toward the wall, resist the urge to kiss your bicep, and push away.

