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.

- The upper body of a Spartan
- Chiseled abs like a Greek God
- Legs straight, feet together, heels down (no, you won’t be frisked)

Get mom-approved posture

Mom

Intermountain LiVe Well