

# C.2 Pushes Against Wall with Shoulders

Drill Skill Module - Arm/Shoulder Conditioning

Start Position



End Position



- 1 Lean your hands against the wall at shoulder height, with tight core with all the weight in your arms.
- 2 Shoulder shrugs - Push through active shoulders with arms up moving from heel of hand to fingers.
- 3 Do 10 nice ones.

**Supplies / Aids:**

Video

**Equipment Needed:**

- 1 Wall

**Notes:**

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**Tips & Tricks**



- 1 Many people do this skill wrong by pushing arms down instead of up. The idea of pulling shoulder blades together is very important. It is also very important that core is engaged - belly button pulled to your back and hips squeezed tightly.