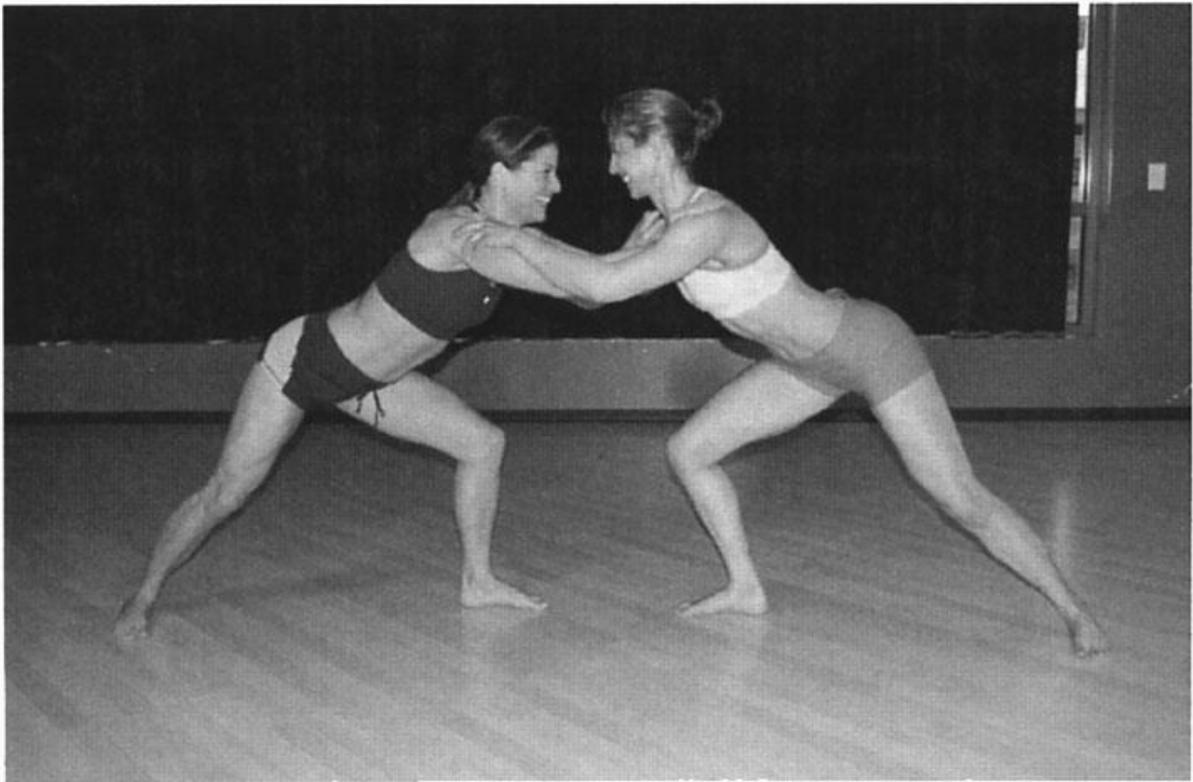


Legs, Gluts, Chest, Triceps & Shoulders – Push-o-Wars

Advice: Avoid pain. If an exercise causes you pain stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout this exercise is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our ‘Physical Rehab Advice’ sheet for deciding on your reps.

Innate Push-o-Wars – Legs, Gluts, Chest, Triceps, Shoulders



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