

## House Push Pulls

Clasp hands together in front of your body with your left palm facing you, your right palm facing away and your arms parallel to the ground. Pull your arms apart as hard as you can for five seconds. Move your arms back and forth from left and right continuing to pull apart and keeping your arms parallel to the ground. Repeat five times and then perform big circles forward and backward with your hands continuing to pull. Repeat five times then practice swimming forward and backwards with your elbows continuing to pull. After five times, push your hands together as hard as you can and repeat the whole series.

