

## Move of the Month

### Wall Squat with Shoulder Press



SALLY HOGARTY

Stand holding a can in each hand, leaning back against a wall, feet about 12 inches forward. Bend elbows 90 degrees, raising arms to shoulder level, palms facing out. Keeping back against wall, bend knees 90 degrees until thighs are parallel to ground.

Extend arms toward ceiling, pushing weights above head. Bend elbows 90 degrees, lowering to shoulder height. Do all reps remaining in a squat. Stand up, rest for 20 seconds, repeat. Beginners: 12-15 reps, intermediate to advanced 16-18 reps.