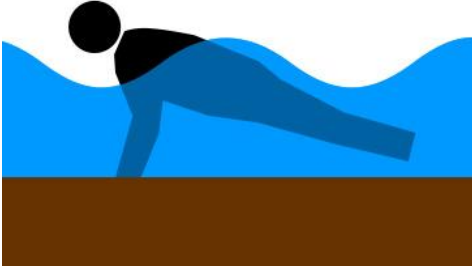


Push-up race in the water

Push-up race in knee-deep water. Only the hands touch the ground. The feet can drag or paddle.



Source Notes

- Cover photo: Ramun Badertscher, www.ramunbadertscher.ch