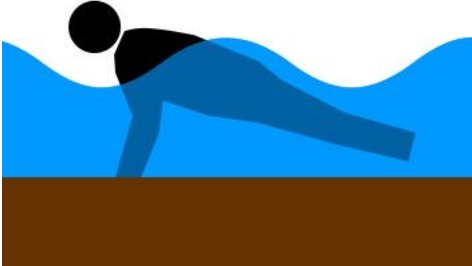


## Push-up race in the water

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](http://www.ramunbadertscher.ch)