

30 DAY WALL SIT CHALLENGE

A Wall sit is an isometric exercise which means you get into the position and then hold for a period of time. The hold is the work of the exercise.

Wall sits are a great way to build strength and endurance in your legs and core and are a great option for those who struggle with other leg exercises due to knee pain.

For this challenge you will need a wall with at least 4 feet empty in front of you, along with a timer or clock where you can see the seconds.

Here's how yo perform a great wall sit:

1. Stand with you back flat against a wall
2. Walk your feet out so that when you sit down, your legs are bent at a 90 degree angle.
3. Slide your back down the wall to sit into your invisible chair. This is when you will have a 90 degree bend at your knees and your knees will stack directly over your ankles. You must keep your hands off your legs and shoulder blades touching the wall. Keep your eyes looking forward.
4. Hold for the indicated amount of time.



All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

Hold the wall sit for the indicated amount of time each day. Increase the difficulty by doubling or tripling the time.

0:10 sec hold

1

0:15 sec hold

2

0:20 sec hold

3

0:25 sec hold

4

0:30 sec hold

5

0:35 sec hold

6

rest

7

0:45 sec hold

8

0:55 sec hold

9

1:05 hold

10

1:15 hold

11

1:25 hold

12

1:35 hold

13

rest

14

1:40 hold

15

1:45 hold

16

1:50 hold

17

1:55 hold

18

2:00 hold

19

2:05 hold

20

rest

21

2:15 hold

22

2:25 hold

23

2:35 hold

24

2:45 hold

25

2:55 hold

26

3:05 hold

27

rest

28

3:10 hold

29

3:20 hold

30