

# Wall Sit Challenge

## Step-by-Step Instructions

You can perform this exercise anywhere you have access to a flat wall.

1. Start with your back against a wall with your feet shoulder width and about 2 feet from the wall.
2. Engage your abdominal muscles and slowly slide your back down the wall until your thighs are parallel to the ground.
3. Adjust your feet so your knees are directly above your ankles (rather than over your toes).
4. Keep your back flat against the wall.
5. Hold the position.
6. Slide slowly back up the wall to a standing position.



To get the most out of this exercise and prevent injuries, avoid these errors:

**Thighs Not Parallel to the Ground:** The position you need to hold is with your thighs at 90 degrees to both your back and your lower legs. At first, you may need to hold your thighs at a 45 degree angle or less as you build strength. But, do not go lower so your thighs are at a higher angle than 90 degrees.

**Knees Extending Beyond Ankles:** Never allow your knees to extend past your ankles. Your lower legs should be parallel to the ground with your knees directly over your ankles. If the knees extend past the ankles, you'll be utilizing your calves instead of your quads.

**Weight on Toes:** The weight should be on your heels, not on your toes. Your heels should be on the ground.

**Finishing Down Rather Than Up:** At the end of each rep, you need to push into your heels and slide back up the wall. If you instead collapse to the floor you are endangering your knees.

## Modifications and Variations

This exercise can be changed to match your fitness level to make it more accessible or to give yourself more of a workout.



Need a Modification?

You may find it more comfortable to place an exercise ball between your back and the wall.

To decrease the intensity of the wall sit, don't slide down the wall quite as far. Aim for a 45 degree angle at the hips rather than a 90 degree angle. This will take a bit of pressure off your knees and lighten the load on the quads.

Another way to modify the exercise is to hold the position for a shorter amount of time at first and increase your hold time as you get stronger. Try to hold for five to 10 seconds in the beginning.

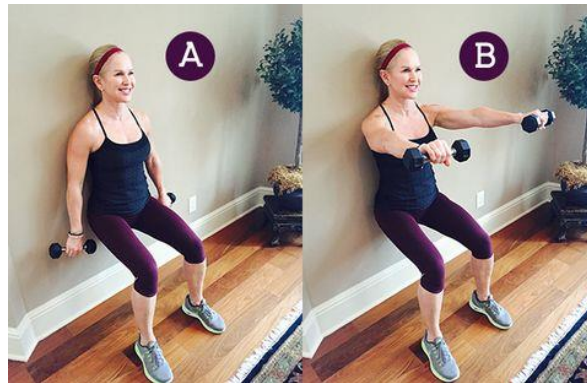
## Up for a Challenge?

If you are a multi-tasker, get into wall sit position with a dumbbell in each hand. You can do bicep curls, lateral raises, and shoulder presses.

Simply holding a weight while doing a wall sit will increase the load and make the exercise more intense.



You can progress to a single-leg wall sit, which will challenge your balance and work more muscles. From the wall sit position, extend one leg in front of you for a few seconds. Return that leg to the floor and then extend the other leg. Be sure your thighs remain parallel to the floor and your knees are directly over your ankles.



## Safety and Precautions

This exercise places most of the weight on the knees and it should not be done by anybody who has an existing knee injury or condition without discussing it first with your doctor or physical therapist. You may feel a burning sensation in the quads, but if you have pain in the knee or kneecap, stop the exercise.

Wall sits work your entire lower body, your glutes, your hamstrings, and your quads. The main purpose of this exercise is not to increase muscle mass, but to increase muscular endurance. You will notice that you will be able to hold a wall sit for longer and longer periods of time over time.

There are not many lower body exercises that require the use of all your major leg muscles, so the wall sit is considered unique in this way.

Probably one of the most important advantages of the wall sit is that you can do them anywhere, at any time and without any equipment needed.

Calendars with three different level of difficulties are attached, choose the one that is right for you, challenge a co-worker, a friend or a family member and GO!!!!

Source: <https://www.verywellfit.com/>

# April 2021

## Wall Sit Challenge

**I Can Definitely Do This  
Longest Wall Sit Will Be 3 Minutes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 20 sec wall sit	2 30 sec wall sit	3 40 sec wall sit
4 50 sec wall sit	5 Rest Day	6 50 sec wall sit	7 60 sec wall sit	8 70 sec wall sit	9 80 sec wall sit	10 Rest Day
11 80 sec wall sit	12 90 sec wall sit	13 90 sec wall sit	14 100 sec wall sit	15 Rest Day	16 100 sec wall sit	17 110 sec wall sit
18 110 sec wall sit	19 120 sec wall sit	20 Rest Day	21 120 sec wall sit	22 130 sec wall sit	23 130 sec wall sit	24 140 sec wall sit
25 Rest Day	26 140 sec wall sit	27 150 sec wall sit	28 160 sec wall sit	29 170 sec wall sit	30 180 sec wall sit	

# April 2021

## Wall Sit Challenge

### I Might Try This

### Longest Wall Sit Will Be 6 Minutes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 45 sec wall sit	2 60 sec wall sit	3 75 sec wall sit
4 90 sec wall sit	5 Rest Day	6 90 sec wall sit	7 110 sec wall sit	8 130 sec wall sit	9 150 sec wall sit	10 Rest Day
11 150 sec wall sit	12 160 sec wall sit	13 170 sec wall sit	14 180 sec wall sit	15 Rest Day	16 180 sec wall sit	17 200 sec wall sit
18 220 sec wall sit	19 240 sec wall sit	20 Rest Day	21 240 sec wall sit	22 260 sec wall sit	23 260 sec wall sit	24 280 sec wall sit
25 Rest Day	26 280 sec wall sit	27 300 sec wall sit	28 320 sec wall sit	29 340 sec wall sit	30 360 sec wall sit	

# April 2021

## Wall Sit Challenge

**Are You Kidding Me!!!**  
**Longest Wall Sit Will Be 10 Minutes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 120 sec wall sit	2 140 sec wall sit	3 160 sec wall sit
4 180 sec wall sit	5 Rest Day	6 200 sec wall sit	7 220 sec wall sit	8 240 sec wall sit	9 260 sec wall sit	10 Rest Day
11 280 sec wall sit	12 300 sec wall sit	13 320 sec wall sit	14 340 sec wall sit	15 Rest Day	16 360 sec wall sit	17 380 sec wall sit
18 400 sec wall sit	19 420 sec wall sit	20 Rest Day	21 440 sec wall sit	22 460 sec wall sit	23 480 sec wall sit	24 500 sec wall sit
25 Rest Day	26 520 sec wall sit	27 540 sec wall sit	28 560 sec wall sit	29 580 sec wall sit	30 600 sec wall sit	