

# WALL SIT CHALLENGE

Monday	
Normal <sup>1</sup>	Hardcore
<b>20</b> seconds	<b>30</b> seconds

Tuesday	
Normal <sup>2</sup>	Hardcore
<b>20</b> seconds	<b>30</b> seconds

Wednesday	
Normal <sup>3</sup>	Hardcore
<b>30</b> seconds	<b>40</b> seconds

Thursday	
Normal <sup>4</sup>	Hardcore
<b>30</b> seconds	<b>40</b> seconds

Friday	
Normal <sup>5</sup>	Hardcore
<b>40</b> seconds	<b>50</b> seconds

Monday	
Normal <sup>6</sup>	Hardcore
<b>40</b> seconds	<b>50</b> seconds

Tuesday	
Normal <sup>7</sup>	Hardcore
<b>50</b> seconds	<b>60</b> seconds

Wednesday	
Normal <sup>8</sup>	Hardcore
<b>50</b> seconds	<b>60</b> seconds

Thursday	
Normal <sup>9</sup>	Hardcore
<b>60</b> seconds	<b>70</b> seconds

Friday	
Normal <sup>10</sup>	Hardcore
<b>60</b> seconds	<b>70</b> seconds

Monday	
Normal <sup>11</sup>	Hardcore
<b>70</b> seconds	<b>80</b> seconds

Tuesday	
Normal <sup>12</sup>	Hardcore
<b>70</b> seconds	<b>90</b> seconds

Wednesday	
Normal <sup>13</sup>	Hardcore
<b>80</b> seconds	<b>100</b> seconds

Thursday	
Normal <sup>14</sup>	Hardcore
<b>80</b> seconds	<b>110</b> seconds

Friday	
Normal <sup>15</sup>	Hardcore
<b>90</b> seconds	<b>120</b> seconds

Monday	
Normal <sup>16</sup>	Hardcore
<b>90</b> seconds	<b>130</b> seconds

Tuesday	
Normal <sup>17</sup>	Hardcore
<b>100</b> seconds	<b>140</b> seconds

Wednesday	
Normal <sup>18</sup>	Hardcore
<b>110</b> seconds	<b>150</b> seconds

Thursday	
Normal <sup>19</sup>	Hardcore
<b>110</b> seconds	<b>160</b> seconds

Friday	
Normal <sup>20</sup>	Hardcore
<b>120</b> seconds	<b>180</b> seconds

# Wall-sit

- 1** Find a wall. Sit as if you're sitting on an invisible chair.
- 2** Keep your back against the wall and your knees at a 90-degree angle. Hold the position.

Optionally, adjust the angle of your knees to be smaller, so that you are more upright. If holding the position at 90 degrees causes pain in your knees or back.

