WALL SIT CHALLENGE









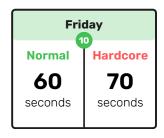


Monday	
Normal	Hardcore
40	50
seconds	seconds



Wednesday	
Normal	Hardcore
50	60
seconds	seconds





Monday	
Normal	Hardcore
70	80
seconds	seconds



Wednesday	
Normal	Hardcore
80	100
seconds	seconds

Thursday	
Normal	Hardcore
80	110
seconds	seconds

Friday	
Normal	Hardcore
90	120
seconds	seconds

Monday 16	
Normal	Hardcore
90	130
seconds	seconds

Tuesday	
Normal	Hardcore
100	140
seconds	seconds

Wednesday	
Normal	Hardcore
110	150
seconds	seconds

Thursday	
Normal	Hardcore
110	160
seconds	seconds
l	

Friday	
Normal	Hardcore
120	180
seconds	seconds
l	



Wall-sit

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.





