

WALL SIT CHALLENGE

Basic

1 20 seconds	2 20 seconds	3 30 seconds	4 30 seconds	5 40 seconds
6 40 seconds	7 40 seconds	8 50 seconds	9 50 seconds	10 60 seconds

Did you know...

Static exercises can help lower blood pressure.

The reason is that when we compress the blood vessels and then release, it results in increased blood flow to the compressed vessels.

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Intermediate

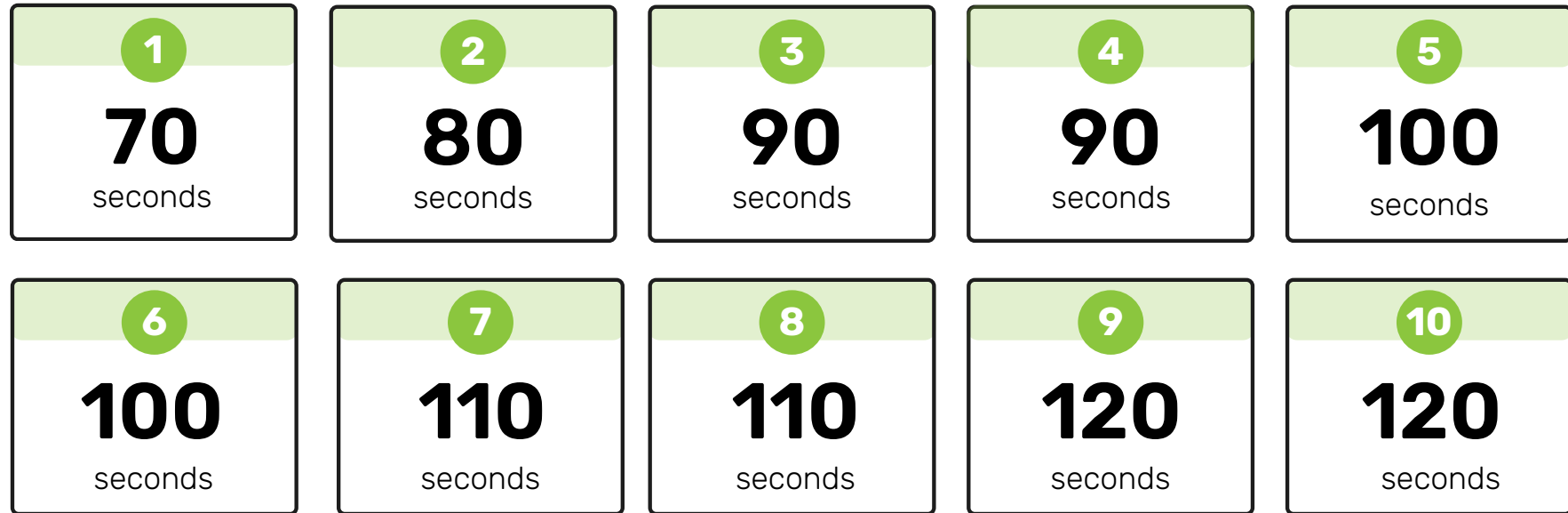
1 40 seconds	2 50 seconds	3 50 seconds	4 60 seconds	5 60 seconds
6 70 seconds	7 70 seconds	8 80 seconds	9 80 seconds	10 90 seconds

Did you know....

Static exercises, such as wall sits, are gentler on the joints compared to more dynamic exercises like traditional squats.

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Experienced



Did you know...

Static training can help reduce the often-present strength imbalance in muscles.