



Wall Sit Challenge

Good Form Wall Sit: A wall sit is performed by bracing your back against a wall and sliding down until you're in a sitting position. This exercise helps strengthen your thighs and calves by making them do the work of a chair, keeping you suspended in the air.

DAY 1: 30 SECS

DAY 2: 45 SECS

DAY 3: 1 MIN

DAY 4: 45 SECS

DAY 5: 1 MIN

DAY 6: 1 MIN 20

DAY 7: REST

DAY 8: 1 MIN

DAY 9: 1 MIN 30

DAY 10: 1 MIN 15

DAY 11: 1 MIN 45

DAY 12: 1 MIN 30

DAY 13: 2 MINS

DAY 14: REST

DAY 15: 2 MINS 10

DAY 16: 1 MIN 45

DAY 17: 2 MINS

DAY 18: 1 MIN 30

DAY 19: 2 MINS 20

DAY 20: 2 MINS

DAY 21: REST

DAY 22: 2 MINS 30

DAY 23: 2 MINS

DAY 24: 2 MINS 30

DAY 25: 2 MINS 40

DAY 26: 2 MINS

DAY 27: 2 MINS 30

DAY 28: REST

DAY 29: 2 MINS 45

DAY 30: 3 MINS

DAY 31: 3 MINS

