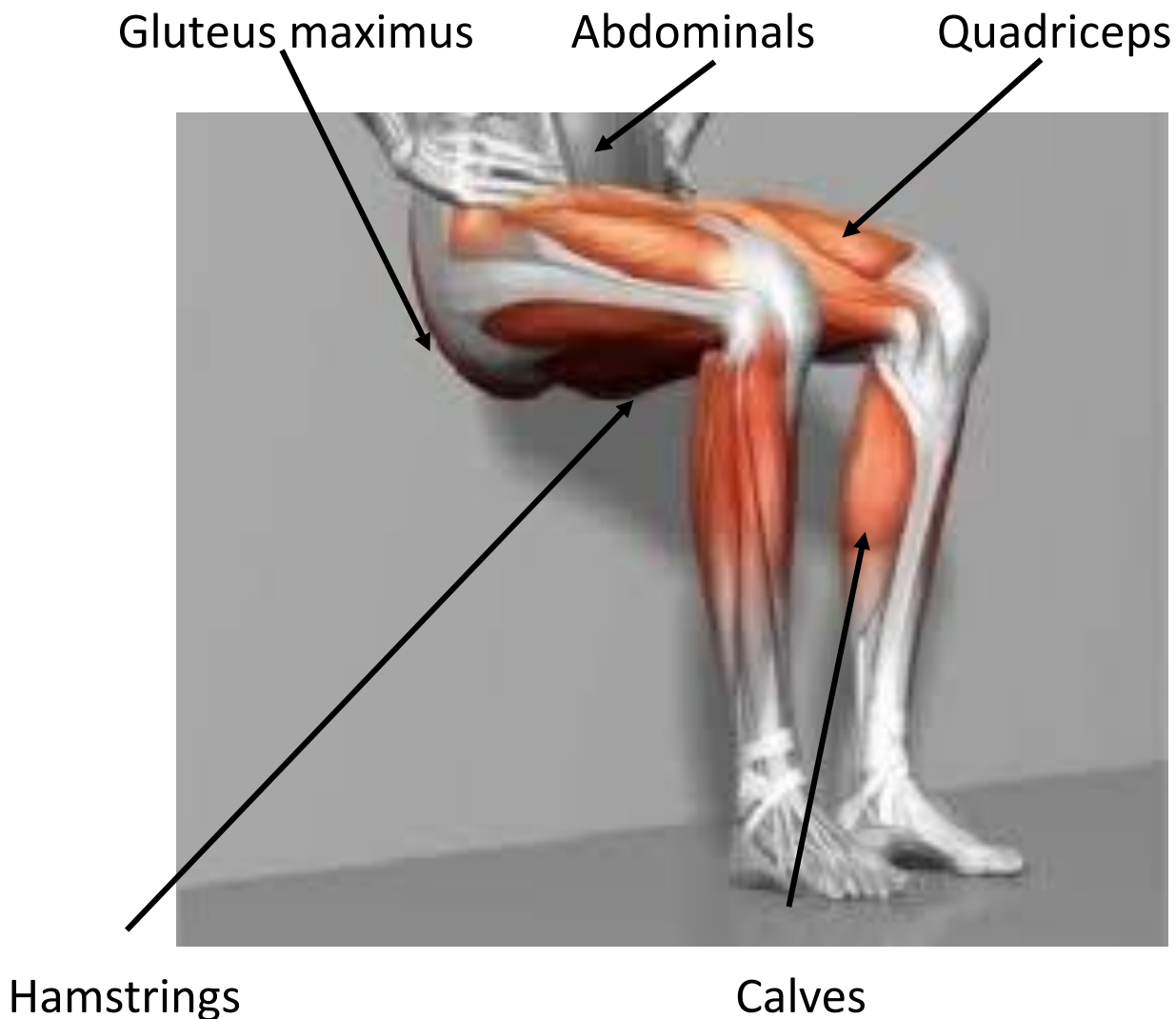


Week 2 – Wall Sit Challenge

The wall sit builds strength and endurance in the glutes, calves, quadriceps, hamstrings and abductor muscles.



**Choose one of the below and
challenge yourself to hold it for
between 30 – 60s each day**

Level 1

If you struggle to hold the wall sit for very long,
start off with holding it for 15 seconds



Level 2

Build up to being able to do 30 continuous
seconds.

Level 3

Hold the wall sit for 60 seconds

Level 4

Hold the wall sit for 1 – 2mins or consider
variations such as the one leg wall sit, or adding
some extra weight.