

WALL SIT

1

Stand with your back against a wall, feet hip-width apart and feet out in front of you.

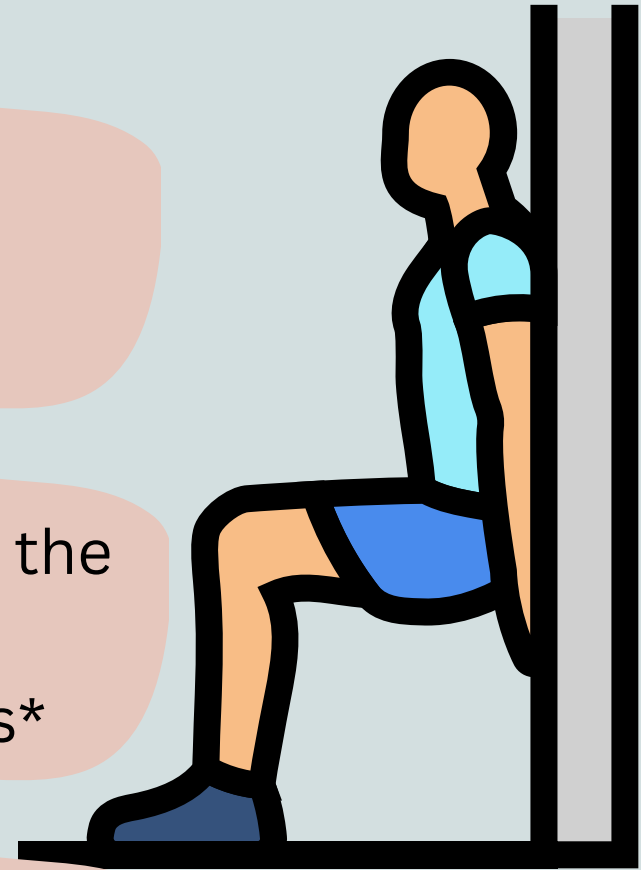
2

Keep your back flat against wall, and slide down the wall into a “seated” position.

Aim for an angle you can hold for 30 seconds

3

Hold 30-60 seconds. Stand up and relax.
Try for 3-4 repetitions.



How to Progress:

- Slide down lower until you reach a 90 degree angle.
- Increase time in wall sit position.

*Disclaimer - This exercise is for general informational purposes and is not a substitute for medical advice. Always consult your doctor before starting a new exercise routine.