Monthly Health Challenge: 30-Day Wall Sit Challenge

Are you looking for a physical exercise you can perform while you're watching television? Well, maybe you can take the 30-Day Wall Sit Challenge. A wall sit is an exercise that builds strength and endurance in your legs, buttocks and back. The wall sit exercise can be performed virtually anywhere.

How to perform the perfect wall sit exercise?

1.   Stand with your feet shoulder width against a wall.

2.   Slide your back down the wall until your hips and knees bend at a 90 degree angle.

3.   Keep your shoulders, upper back, and back of head against the wall. Your feet should also be flat on the ground.

4.   Hold the position for the desired time.

Note: If it is too painful to perform the wall sit at a 90 degree angle, start the exercise at an angle you are comfortable with. To make the wall sit more difficult, hold a dumbbell in each hand down by your side or place a ball between the knees and gently squeeze to work those inner thighs a bit more.

For beginners, follow the Easy (E) Track. For advance performance, you should follow the Challenging (C) Track.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 (E) 10 sec (C) 20 sec
2 (E) 20 sec (C) 40 sec	3 (E) 30 sec (C) 1 min	4 (E) 40 sec (C) 1:20 min	5 (E) 50 sec (C) 1:40 min	6 (E) 1 min (C) 2 min	7 (E) 1:10 min (C) 2:20 min	8 (E) 1:20 min (C) 2:40 min
9 (E) 1:30 min (C) 3 min	10 (E) 1:40 min (C) 3:20 min	11 (E) 1:50 min (C) 3:40 min	12 (E) 2 min (C) 4 min	13 (E) 2:10 min (C) 4:20 min	14 (E) 2:20 min (C) 4:40 min	15 (E) 2:30 min (C) 5 min
16 (E) 2:40 min (C) 5:20 min	17 (E) 2:50 min (C) 5:40 min	18 (E) 3 min (C) 6 min	19 (E) 3:10 min. (C) 6:20 min.	20 (E) 3:20 min (C) 6:40 min	21 (E) 3:30 min (C) 7 min	22 (E) 3:40 min (C) 7:20 min
23 (E) 3:50 min (C) 7:40 min	24 (E) 4 min (C) 8 min	25 (E) 4:10 min (C) 8:20 min	26 (E) 4:20 min (C) 8:40 min	27 (E) 4:30 min (C) 9 min	28 (E) 4:40 min (C) 9:20 min	29 (E) 4:50 min (C) 9:40 min
30 (E) 5 min (C) 10 min						

http://30dayfitnesschallenges.com