

WALL-SIT

30-DAY CHALLENGE

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|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 1 20 seconds wall-sit | 2 30 seconds wall-sit | 3 40 seconds wall-sit | 4 20 seconds wall-sit | 5 50 seconds wall-sit |
| 6 60 seconds wall-sit | 7 1min 10sec wall-sit | 8 20 seconds wall-sit | 9 1min 20sec wall-sit | 10 1min 30sec wall-sit |
| 11 1min 40sec wall-sit | 12 20 seconds wall-sit | 13 1min 50sec wall-sit | 14 2 minutes wall-sit | 15 2min 10sec wall-sit |
| 16 20 seconds wall-sit | 17 2min 20sec wall-sit | 18 2min 30sec wall-sit | 19 2min 40sec wall-sit | 20 20 seconds wall-sit |
| 21 2min 50sec wall-sit | 22 3 minutes wall-sit | 23 3min 10sec wall-sit | 24 20 seconds wall-sit | 25 3min 20sec wall-sit |
| 26 3min 30sec wall-sit | 27 3min 40sec wall-sit | 28 20 seconds wall-sit | 29 3min 50sec wall-sit | 30 4 minutes wall-sit |