



fit³

SEPTEMBER 2022
WALL SIT CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
BONUS: Grab a set of hand weights and perform one of the following upper body moves while holding the wall sit: bicep curl, overhead shoulder press, lateral shoulder raise, front shoulder raise				1	2	3
				Wall sit: 2 sets @ 20 seconds each		
				Reliv Shake	Reliv Shake	Reliv Shake
4	5	6	7	8	9	10
Wall sit: 2 sets @ 30 seconds each						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
11	12	13	14	15	16	17
Wall sit: 2 sets @ 40 seconds each						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
18	19	20	21	22	23	24
Wall sit: 2 sets @ 45 seconds each						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
25	26	27	28	29	30	
Wall sit: 2 sets @ 60 seconds each						
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	



PROPER WALL SIT FORM:

- **Make sure your back is flat against the wall and arms are folded across your chest. Hands should NOT be resting on your thighs to support the upper body.**
- Place your feet firmly on the ground, shoulder-width apart, and then about 2 feet out from the wall.
- Slide your back down the wall while keeping your core engaged and bending your knees until they're at approximately a 90-degree angle—Your knees should be directly above your ankles, not jutting out in front of them.
- HOLD your position, **while contracting your ab muscles and maintaining an upright posture with your chest.**