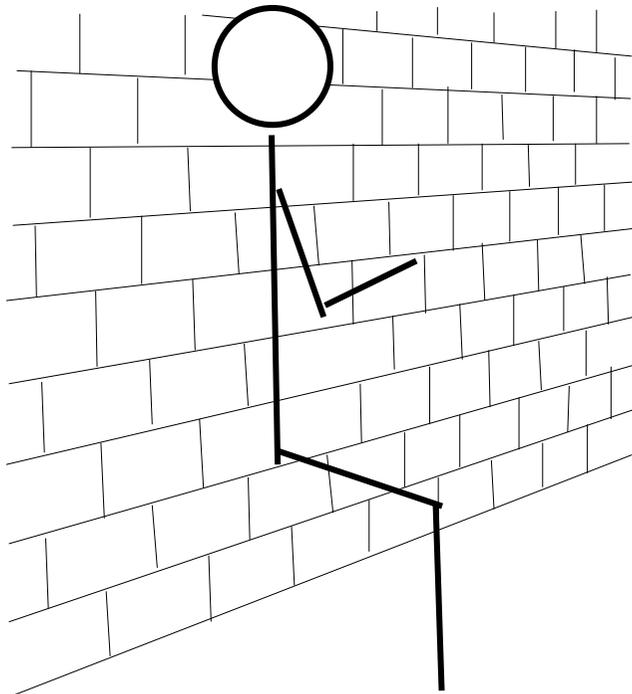


The Wall Sit



How to do it:

- ✓ Ensure your back is flat against the wall.
- ✓ Place your feet shoulder width apart and 1 step away from the wall.
- ✓ Bend your knees until you are at a 90-degree angle.

What to do:

- ✓ Perform the wall sit for 30 seconds.
- ✓ Rest for 30 seconds and then perform it again.
- ✓ Can you do this 5 times?