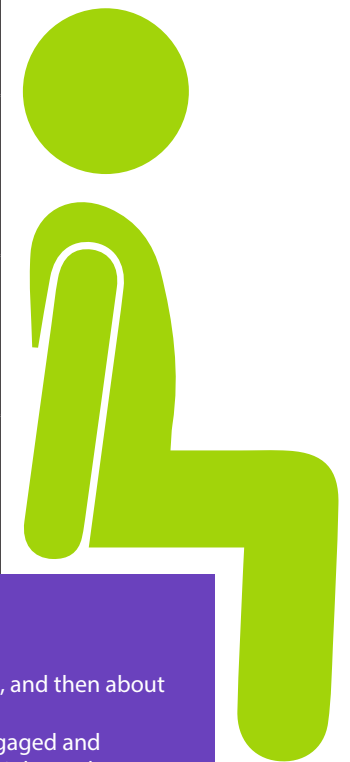




SEPTEMBER 2020
WALL SIT CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday	
		1	2	3	4	5	
		Wall sit: 2 sets @ 20 seconds each					
		Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	
6	7	8	9	10	11	12	
		Wall sit: 2 sets @ 30 seconds each					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	
13	14	15	16	17	18	19	
		Wall sit: 2 sets @ 40 seconds each					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	
20	21	22	23	24	25	26	
		Wall sit: 2 sets @ 45 seconds each					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	
27	28	29	30				
		Wall sit: 2 sets @ 60 seconds each					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake				



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

PROPER WALL SIT FORM:

- **Make sure your back is flat against the wall.**
- 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 legs until they're in a 90-degree angle — or right angle, so that if someone wanted to sit on your lap, they could. (Although now probably isn't the best time.) Your knees should be directly above your ankles, not jutting out in front of them.
- HOLD your position, **while contracting your ab muscles.**
- Slowly return to a standing position while leaning against the wall.