



fit³

SEPTEMBER 2021
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	4		
			Wall sit: 2 sets @ 20 seconds each					
			Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake		
5	6	7	8	9	10	11		
Wall sit: 2 sets @ 30 seconds each								
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake		
12	13	14	15	16	17	18		
Wall sit: 2 sets @ 40 seconds each								
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake		
19	20	21	22	23	24	25		
Wall sit: 2 sets @ 45 seconds each								
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake		
26	27	28	29	30	PROPER WALL SIT FORM: <ul style="list-style-type: none"> • 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—Your knees should be directly above your ankles, not jutting out in front of them. • HOLD your position, while contracting your ab muscles. 			
Wall sit: 2 sets @ 60 seconds each								
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake				

