

Personal Best Challenge: Wall Sit



Equipment:

- Flat Wall
- Stopwatch/Clock



Instructions:

- How long can you hold a squat for with your back against a flat wall?
- Count/record how many seconds you can hold your squat.

How will this help me?

- My counting skills will help me with my maths.
- Help my legs get stronger, which is good for athletics, football and many other activities.

What else could i try?

- Try holding a squat position without a wall.

What is your time now?

- Challenge yourself to hold a piece of equipment at the same time.