



30-DAY

# WALL SIT CHALLENGE

This **Wall Sit Challenge** is the perfect core strengthening challenge! It's easy to do and incorporate every morning into your daily routine. Tag us on Facebook or Instagram and use the hashtag **#thprdchallenge** so we can follow along!

Day	Time	Day	Time
Day 1	10 seconds	Day 16	1 min 45 sec
Day 2	15 seconds	Day 17	1 min 50 sec
Day 3	20 seconds	Day 18	2 minutes
Day 4	25 seconds	Day 19	2 min 10 sec
Day 5	30 seconds	Day 20	2 min 20 sec
Day 6	35 seconds	Day 21	2 min 30 sec
Day 7	45 seconds	Day 22	2 min 40 sec
Day 8	50 seconds	Day 23	2 min 50 sec
Day 9	1 minute	Day 24	3 minutes
Day 10	1 min 10 sec	Day 25	3 min 10 sec
Day 11	1 min 15 sec	Day 26	3 min 20 sec
Day 12	1 min 20 sec	Day 27	3 min 30 sec
Day 13	1 min 30 sec	Day 28	3 min 40 sec
Day 14	1 min 35 sec	Day 29	3 min 50 sec
Day 15	1 min 40 sec	Day 30	4 minutes!

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