



# INSTRUCTIONS

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## WALL SIT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/wall-sit>

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body



### Steps:

- Find a supportive wall or door
- Place your back against the wall, legs hip distance apart and slide down the wall.
- Walk your feet out to make a 90 degree angle with your legs,
- Keeping your low back pressed into the wall, and feet flat hold for 30 to 60 seconds

Modifications:

- [+] Hold a weighted ball on your lap or between your knees
- [-] Hold onto a ledge for support and don't go as low as 90 degrees