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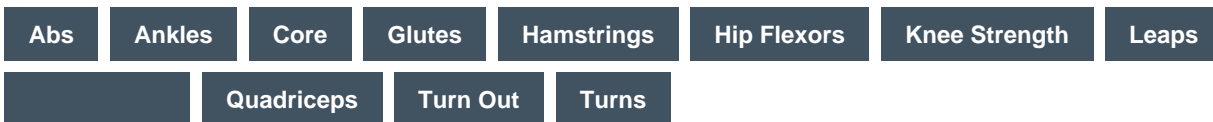
INSTRUCTIONS

WALL SIT KNEE PULSE

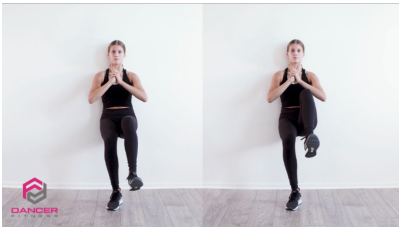
CATEGORIES: Endurance, Strength

LEVEL: Intermediate

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



STEPS:



· With your low back pushed up against the wall and knees at a 90 degree angle, lift one leg off of the floor and pulse while driving your knee towards your chest.

Repeat 10 reps before switching sides.