

Wall Squat



- Lean against a wall with your feet about 12”-18” away from the wall. Slide down the wall so your knees are at a 90-degree angle. If you find this too challenging, don’t slide as far down.
- Make sure when you look down over your knees that you can see your feet. It is best to make sure your knees don’t go past your toes.
- Press your heels and the balls of your feet into the floor, pushing your hips and back into the wall.
- Hold this position for 30 seconds to 2 minutes, depending on your strength level
- Slide back up the wall to get out of this position.
- This exercise is a static position, training your muscles to work even when not moving. Skiing and other sports use similar positions, making this an ideal training exercise.
- Keep your abs tight and your shoulders back throughout the motion.
- To get the most out of your workout, aim for 3-5 sets of 30 seconds to 2 minutes each.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
