

## Wall Sit Challenge

Aim: to do a 15-minute Wall Sit

<b>How to do the Wall Sit Challenge</b>	<b>1</b>	Start two stopwatches at the same time and start doing a Wall Sit			
	<b>2</b>	As soon as you can't continue, pause the first stopwatch (leaving the other stopwatch running) and start on your first round of punishment exercises.			
	<b>3</b>	Punishment Exercises	5 x Push Ups	10 x Jumping Jacks	15 x Sit Ups
	<b>4</b>	Start the paused stopwatch again and re-start your Wall-Sit for as long as possible			
	<b>5</b>	Continue as from step 2 until you have completed 15 minutes of Wall Sit in total (this is the stopwatch that you are pausing an re-starting). Your recorded time is the overall lapsed time (i.e. the time on the stopwatch that you didn't pause).			

## Alternative Version of the Wall Sit Challenge

Aim: to do a 10-minute Wall Sit (or set your own time)

<b>How to do the Wall Sit Challenge</b>	<b>1</b>	Start two stopwatches at the same time and start doing a Wall Sit			
	<b>2</b>	As soon as you can't continue, pause the first stopwatch (leaving the other stopwatch running) and start on your first round of punishment exercises.			
	<b>3</b>	Punishment Exercises	10 x Hammer Curls	10 x Reverse Crunches	10 x Jumping Jacks
	<b>4</b>	Start the paused stopwatch again and re-start your Wall-Sit for as long as possible			
	<b>5</b>	Continue as from step 2 until you have completed 10 minutes of Wall Sit in total (this is the stopwatch that you are pausing an re-starting). Your recorded time is the overall lapsed time (i.e. the time on the stopwatch that you didn't pause).			