

June 2026

Wall Sit Challenge



A Beach Cities Health District Program

Start with a 20-second wall sit and add 10 seconds each day, working toward a 5-minute hold. This calendar is a guide to help you progress safely, so go at your own pace and do what feels comfortable for your body.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 20 seconds	2 30 seconds	3 40 seconds	4 50 seconds	5 1 minute	6 1 minute, 10 seconds
7 1 minute, 20 seconds	8 1 minute, 30 seconds	9 1 minute, 40 seconds	10 1 minute, 50 seconds	11 2 minutes	12 2 minutes, 10 seconds	13 2 minutes, 20 seconds
14 2 minutes, 30 seconds	15 2 minutes, 40 seconds	16 2 minutes, 50 seconds	17 3 minutes	18 3 minutes, 10 seconds	19 3 minutes, 20 seconds	20 3 minutes, 30 seconds
21 3 minutes, 40 seconds	22 3 minutes, 50 seconds	23 4 minutes	24 4 minutes, 10 seconds	25 4 minutes, 20 seconds	26 4 minutes, 30 seconds	27 4 minutes, 40 seconds
28 4 minutes, 50 seconds	29 5 minutes	30 5 minutes, 10 seconds				

Visit beachcitiesgym.org/challenge for more information on these exercises.