



change **IN** seconds

30 Day Wall Sit Challenge

Day 1

10
SECONDS

Wall Sit

Day 2

20
SECONDS

Wall Sit

Day 3

30
SECONDS

Wall Sit

Day 4

40
SECONDS

Wall Sit

Day 5

50
SECONDS

Wall Sit

Day 6

60
SECONDS

Wall Sit

Day 7

70
SECONDS

Wall Sit

Day 8

80
SECONDS

Wall Sit

Day 9

90
SECONDS

Wall Sit

Day 10

100
SECONDS

Wall Sit

Day 11

110
SECONDS

Wall Sit

Day 12

120
SECONDS

Wall Sit

Day 13

130
SECONDS

Wall Sit

Day 14

140
SECONDS

Wall Sit

Day 15

150
SECONDS

Wall Sit

Day 16

160
SECONDS

Wall Sit

Day 17

170
SECONDS

Wall Sit

Day 18

180
SECONDS

Wall Sit

Day 19

190
SECONDS

Wall Sit

Day 20

200
SECONDS

Wall Sit

Day 21

210
SECONDS

Wall Sit

Day 22

220
SECONDS

Wall Sit

Day 23

230
SECONDS

Wall Sit

Day 24

240
SECONDS

Wall Sit

Day 25

250
SECONDS

Wall Sit

Day 26

260
SECONDS

Wall Sit

Day 27

270
SECONDS

Wall Sit

Day 28

280
SECONDS

Wall Sit

Day 29

290
SECONDS

Wall Sit

Day 30

300
SECONDS

Wall Sit

change **IN** seconds

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