

## Wall Chair Exercise Tracking Chart

<http://Beyond50Health.com>

Day	Date	Time	Notes
Day 1		0:10 <input type="checkbox"/>	
Day 2		0:20 <input type="checkbox"/>	
Day 3		0:30 <input type="checkbox"/>	
Day 4		0:40 <input type="checkbox"/>	
Day 5		0:50 <input type="checkbox"/>	
Day 6		1:00 <input type="checkbox"/>	
Day 7		1:10 <input type="checkbox"/>	
Day 8		1:20 <input type="checkbox"/>	
Day 9		1:30 <input type="checkbox"/>	
Day 10		1:40 <input type="checkbox"/>	
Day 11		1:50 <input type="checkbox"/>	
Day 12		2:00 <input type="checkbox"/>	
Day 13		2:10 <input type="checkbox"/>	
Day 14		2:20 <input type="checkbox"/>	
Day 15		2:30 <input type="checkbox"/>	
Day 16		2:40 <input type="checkbox"/>	
Day 17		2:50 <input type="checkbox"/>	
Day 18		3:00 <input type="checkbox"/>	
Day 19		3:10 <input type="checkbox"/>	
Day 20		3:20 <input type="checkbox"/>	

Day 21		3:30 <input type="checkbox"/>	
Day 22		3:40 <input type="checkbox"/>	
Day 23		3:50 <input type="checkbox"/>	
Day 24		4:00 <input type="checkbox"/>	
Day 25		4:10 <input type="checkbox"/>	
Day 26		4:20 <input type="checkbox"/>	
Day 27		4:30 <input type="checkbox"/>	
Day 28		4:40 <input type="checkbox"/>	
Day 29		4:50 <input type="checkbox"/>	
Day 30		5:00 <input type="checkbox"/>	

To see a Youtube video demonstration of the exercise, go here:  
<https://www.youtube.com/watch?v=y-wV4Venusw>

Basic Instructions:

Hold a “seated” position against a supporting wall, with your thighs parallel to the ground. Flatten your back so that you have good contact with the wall, and be sure that the back of your head is in contact with the wall. Your knees should be bent at 90 degrees.

Hold the posture for time. Start the first day at 10 seconds duration, and add 10 seconds each day until you reach 5 minutes on the 30<sup>th</sup> day. Some people like to do all 30 days in a row, while others like to take a few breaks in between.

Happy training, this is an awesome exercise for building leg strength!

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