

### how to score:

- Perform the wall sit for 30 seconds.
- Rest for 30 seconds and then perform it again.
- Can you do this 5 times?



### how to play:

- Ensure your back is flat against the wall.
- Place your feet shoulder width apart and 1 step away from the wall.
- Bend your knees until you are at a 90-degree angle.
- Hold this position still, keeping your stomach muscles tight.