

BEGINNER WALL SIT CHALLENGE

DAY 1 - 6 SECONDS

DAY 2 - 7 SECONDS

DAY 3 - 8 SECONDS

DAY 4 - 9 SECONDS

DAY 5 - REST

DAY 6 - 10 SECONDS

DAY 7 - 11 SECONDS

DAY 8 - 12 SECONDS

DAY 9 - 13 SECONDS

DAY 10 - REST

DAY 11 - 14 SECONDS

DAY 12 - 15 SECONDS

DAY 13 - 16 SECONDS

DAY 14 - 17 SECONDS

DAY 15 - REST

DAY 16 - 18 SECONDS

DAY 17 - 19 SECONDS

DAY 18 - 20 SECONDS

DAY 19 - 21 SECONDS

DAY 20 - REST

DAY 21 - 22 SECONDS

DAY 22 - 23 SECONDS

DAY 23 - 24 SECONDS

DAY 24 - 25 SECONDS

DAY 25 - REST

DAY 26 - 26 SECONDS

DAY 27 - 27 SECONDS

DAY 28 - 28 SECONDS

DAY 29 - 29 SECONDS

DAY 30 - 30 SECONDS

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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