



## One-On-One with Jason S. Greene The Wall Squat

We all sit too much and most people suffer from poor posture as well. Most of us could benefit from more exercise during the day. Preferably something that does not make us sweat. Especially, since most of us will be doing this at work and no one likes a stinky co-worker. This exercise does a pretty good job of meeting all of the above criteria.

This is not a complicated exercise, but if you perform it a few times a week you may be surprised at the difference it can make in how you look and feel.

1. Start with your back against a wall with your feet shoulder width and about two feet from the wall.
2. Press your lower back and hips into the wall.
3. Slowly walk your feet forward as you slide your back down the wall until your thighs are parallel to the ground. Roughly at a 90 degree angle.
4. Adjust your feet if you need to so that your knees are directly above your ankles not your toes (You shouldn't be able to see your toes).
5. Keep your back and hips flat against the wall.
6. Hold the position for 1-3 minutes, rest 30 seconds, and repeat the exercise three times.
7. Increase your hold time by five seconds as you increase your strength.
8. If you experience any pain in the knees raise your body up the wall to relieve the pressure.
9. Walk around a little bit between sets.



**Modified Wall Squat:** You may need to modify your position or the length of your hold the first few times you try this exercise.

- To decrease the intensity of the wall sit, don't slide down the wall quite as far. Aim for a 45-degree angle at the hips rather than a 90-degree angle. This will take a bit of pressure off your knees and lighten the load on the quadriceps (front of the thigh).
- Another way to modify the exercise is to hold the position for a shorter amount of time at first and increase your hold time, as you get stronger. Try a five or ten second hold in the beginning.
- To increase intensity, hold weights or squeeze a ball between your knees.