Title: Wall Sit / Squats / Chair

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Stand tall against a wall with your head and back touching the wall.</li>

<li>Position your feet so that they are shoulder-width apart and a few inches away from the wall.</li>

<li>Rest your arms at your sides.</li>

<li>Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position</li>

<li>Return to starting position by straightening your knees and standing tall again.</li>

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