

## WALL-SIT

1. Objective of the wall-sit:
  - a. The objective of the wall sit is to assess the strength and endurance of the muscles of the upper and lower legs.
2. Conducting the wall-sit:
  - a. have the cadet stand with their back pressed against a firm surface, like a wall;
  - b. the ground in front of the wall must provide sufficient grip to prevent the cadet's feet from slipping;
  - c. have the cadet squat into a "seated" position, while their back remains in contact with the wall;
  - d. the cadet's upper and lower legs must form a 90-degree angle and their feet must be shoulder width apart;
  - e. the cadet's arms can be in any position that is comfortable for them, as long as they are pushing on the wall or their legs;
  - f. once the cadet is in this position, start the timer;



3. Scoring the wall-sit:
- a. scoring for the wall-sit is based on the number of minutes and seconds the cadet can hold this position;
  - b. once the timer is started, it is stopped when two form corrections are made in a row, or the cadet can no longer maintain the position.
  - c. Form corrections include:
    - (1) the cadet's back not remaining against the wall;
    - (2) the cadet's upper and lower legs not maintaining a 90 degree angle;
    - (3) the cadet shifts their weight significantly from one leg to the other; or
    - (4) any other deviation from the above position which might make the exercise easier. When in doubt, ask your staff.
  - d. If a cadets feet slip from underneath them, they will be allowed one more attempt at the exercise. It is important to select a location that will give cadets adequate grip.