

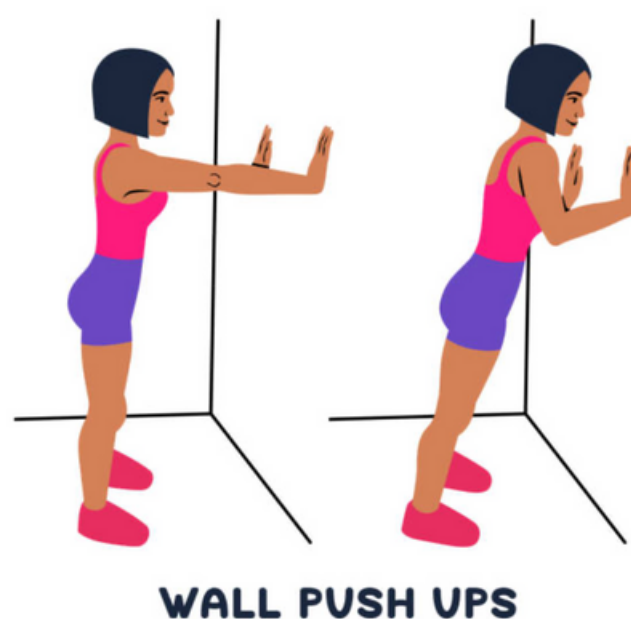
# WALL ONLY EXERCISES

The only equipment you need is a wall or flat surface similar to a wall such as the back of a door. When only using a wall to work out, the benefits include improved muscular endurance, strength, flexibility, and range of motion in the upper and lower extremities. These exercises can also improve task attendance and relieve anxiety and stress. Wall exercises can improve your balance as you support your body weight without holding on to other objects (Gupta, 2021). You are required to keep your body in the air for an extended period of time, forcing yourself to tighten your core muscles and keep a straight back. Exercises that engage our muscles with little to no movement, such as wall sits and wall planks, can lower blood pressure to treat hypertension (Edwards et al., 2023). Try these 6 wall exercises to take on a new challenge!

## Wall Sits



## Wall Push ups



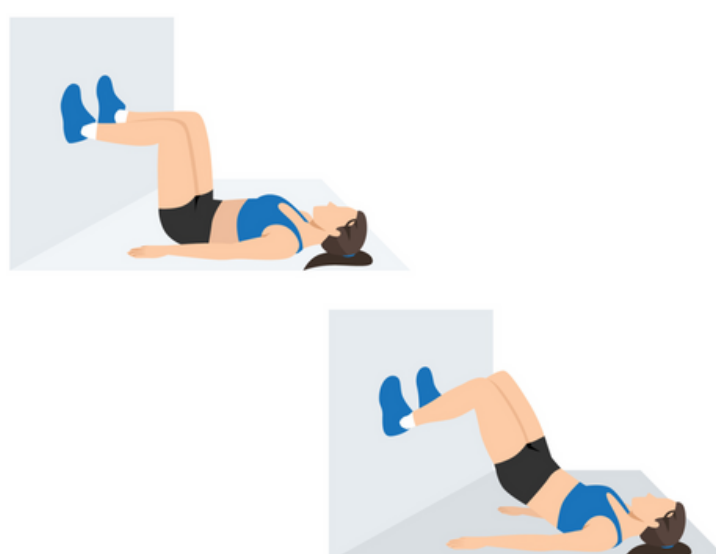
## Wall Toe Touches



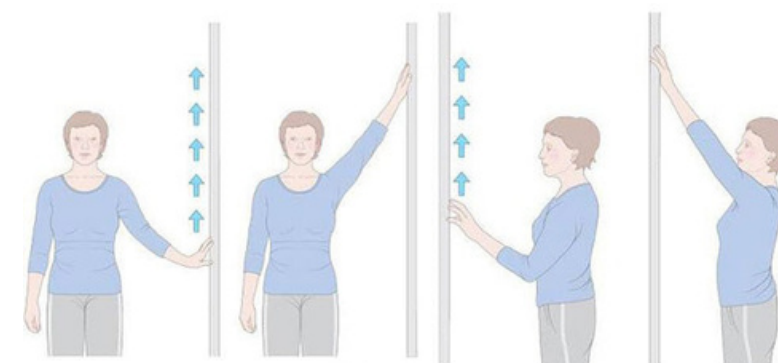
## Wall Planks



## Wall Bridge



## Wall Walk



[Check out this Youtube video for more details on how to perform these fun wall exercises!](#)

## References

- Edwards, J.J., Deenmamode, A. H.P., Griffiths, M., Arnold, O., Cooper, N. J., Wiles, J. D., & O'Driscoll, J. M. (2023). Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials. *British Journal of Sports Medicine*. doi:10.1136/bjsports-2022-106503
- Gupta, A. (2021, June 22). Hate squats? Try wall sits for 5 minutes daily to lose weight and tone your legs. *Health Shots*. <https://www.healthshots.com/fitness/staying-fit/benefits-of-doing-wall-sit-exercise-for-5-minutes-daily/>