

Leg workout with Sam Rodman from Cornish Pirates RFC



Wall Sit



Explanation

Starting position	Performing the movement	Finishing the movement
Back flat against a wall	Knee at 90 degrees as if sitting on a chair Feet planted on the floor Knees apart Weight through the heels	Hold this position for time

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel. Make sure you rest for 30 seconds between each set of exercises.

Beginners – 10 Second Rep for 3 Sets
Intermediate – 1 Minute Rep for 3 Sets
Expert – 2 Minute Rep for 3 Sets

