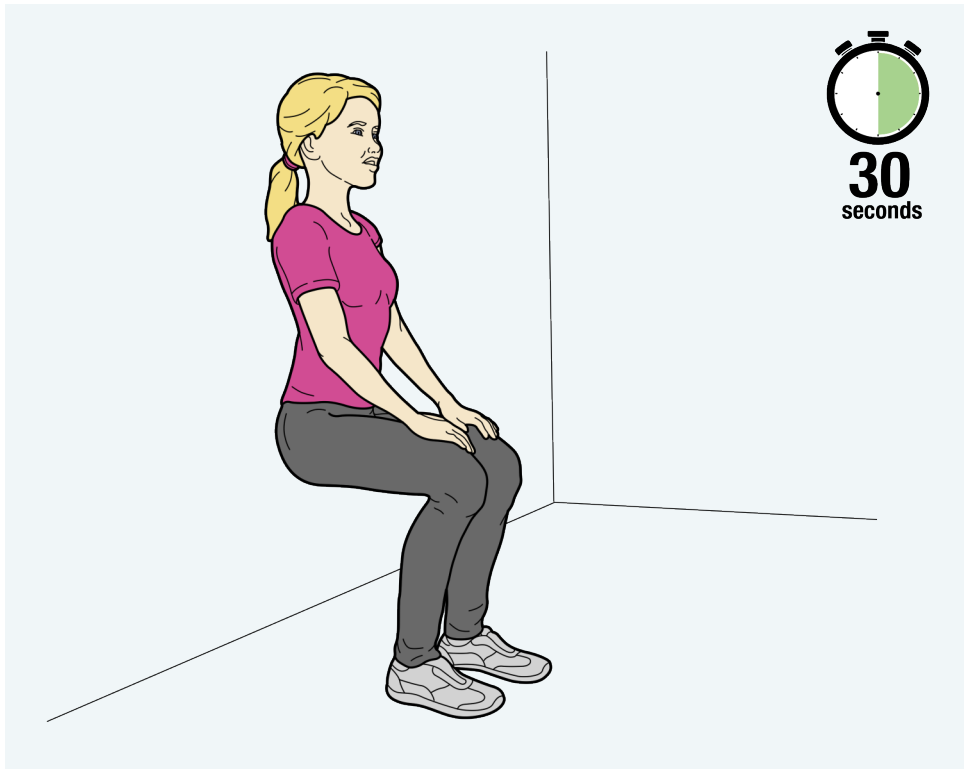


Activity 15: Wall squat

Video demonstration



1. Find a clear space of wall to lean against.
2. Press your back against the wall and slide down the wall and bend your knees. Your knees should be at a 90-degree angle. This position is called a squat.
3. Hold this position for 30 seconds.

Where did you feel it in your body when you were in the squat position?

4. Repeat the activity, but this time focus on your thigh muscles.

How did your thigh muscles feel while holding that stretch?

Follow-on activity:

What happens if you extend the time limit for 60 seconds? Then 90 seconds?