RankTime

FREE PRINTABLE · 5 PAGES

FORM · BLOOD PRESSURE · PLAN

Wall Sit

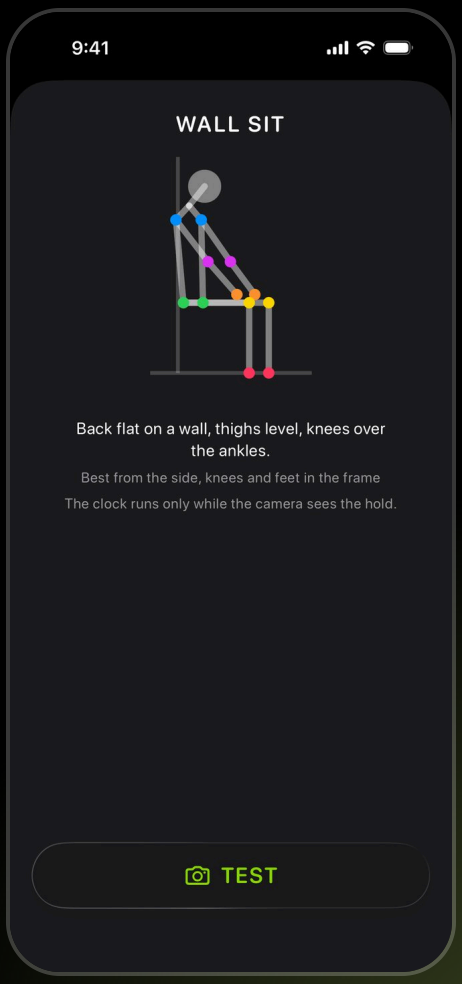
How to do a wall sit, how long people really hold it, the 4 × 2 minute blood pressure routine with a 12 session log, and a 4 week plan for longer holds.

2 The wall sit on one page

3 Blood pressure routine and log

4 Your 4 week wall sit plan

5 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/wall-sit/
Made by RankTime, the workout timer that counts your reps.

HOW TO DO IT

The wall sit

A squat held still, back flat on a wall. It works the front of the thighs most, needs no equipment, and is one of the best studied exercises for blood pressure.

1. **Back on the wall,** feet hip width apart and about 60 cm (2 feet) out.
2. **Slide down** until your thighs are level, knees right over your ankles.
3. **Back and head on the wall,** weight in your heels, hands off your thighs.
4. **Breathe** all the way through. Never hold your breath.
5. **Too hard? Sit higher.** The less your knees bend, the easier the hold.

How long people hold it

THIGHS LEVEL	WHAT IT MEANS
Under 30 s	Starting out: shorter holds, or sit higher
30 to 60 s	Building: add 5 s a session
60 to 90 s	Close to active young adults: 88 and 97 s on average
90 s to 2 min	Above those averages
Over 2 min	Well above: sit lower, add weight or try one leg

We found no study with wall sit standards by age. The chart many sites copy (over 100 s excellent for men, over 60 for women) is for a one-leg test, from its author's own experience.

Variations

Easier	Sit higher, shorter holds, more rest
Weighted	A plate or dumbbell flat on your thighs
Marching	Lift one foot, then the other, hips still
One leg	Other foot up, then switch

Safety

Blood pressure climbs a lot during the hold: 196/112 mmHg on average after 2 minutes with thighs level, in one study. High blood pressure, a heart condition, or medicine for either? Ask your doctor first, sit higher, and stop if you feel dizzy or get a headache or chest pain.

Sources: Washmuth and colleagues 2026; Daou and colleagues 2026; Goldring and colleagues 2014; Topend Sports. All sources are linked in the guide.

4 HOLDS OF 2 MINUTES

Blood pressure routine

The routine from the studies: 4 holds of 2 minutes with 2 minutes of rest, 3 times a week with a day off between, for 4 weeks. Across 270 trials, holds like this lowered resting blood pressure by 8.24/4.00 mmHg on average, more than any other kind of training.

1. **Pick a height** you think would feel like 4 out of 10 after 2 minutes, shins vertical. Mark the wall at the lowest point your back touches.
2. **Do the routine** at that mark. Rate each hold as it ends: 0 is no effort, 10 as hard as it gets.
3. **Check the effort:** about 4, 5.5 and 7 after the first three holds, then 8 to 9 after the fourth.
4. **Move the mark 1 to 2 cm** if it is off, then keep the same height for the 4 weeks.

SESSION	DATE	HEIGHT MARK	HOLD 1 TARGET 4	HOLD 2 TARGET 5.5	HOLD 3 TARGET 7	HOLD 4 TARGET 8 TO 9	BLOOD PRESSURE
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

In the studies: down 4/3 mmHg in healthy men, 12.4/6.2 in untreated stage 1 high blood pressure, and 9/6 when people picked their height by feel. If you measure your blood pressure at home, do it at the same time of day each time.

THE PLAN

4 week wall sit plan

For longer holds. Test your max, then hold for time, not to failure: 4 holds of half your max with 1 to 2 minutes of rest, 3 days a week. Add 5 seconds to each hold every session, and test again every 2 weeks.

My numbers

Max hold, day 1 _____ **s**

My holds, half of it _____ **s**

Max hold, week 2 test _____ **s**

New holds, half of it _____ **s**

Max hold, week 4 test _____ **s**

YOUR MAX	EACH SESSION
Under 30 s	3 holds of 20 to 30 s, as high as you need, 1 minute of rest
30 s to 2 min	4 holds of half your max, plus 5 s a session
Over 2 min	The same, or make it harder: sit lower, add weight or try one leg

Tick off every session

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	☐ 4 holds	Rest	☐ 4 holds	Rest	☐ 4 holds	Rest	Rest
2	☐ 4 holds	Rest	☐ 4 holds	Rest	**Test max:**	Rest	Rest
3	☐ 4 holds	Rest	☐ 4 holds	Rest	☐ 4 holds	Rest	Rest
4	☐ 4 holds	Rest	☐ 4 holds	Rest	**Test max:**	Rest	Rest

Test day: one hold, thighs level, until you can no longer keep the position. Look at a spot on the wall ahead of you, not at your legs: in one study that alone added about 10 seconds.

RankTime

TRAIN IT WITH RANKTIME

Time wall sits with RankTime

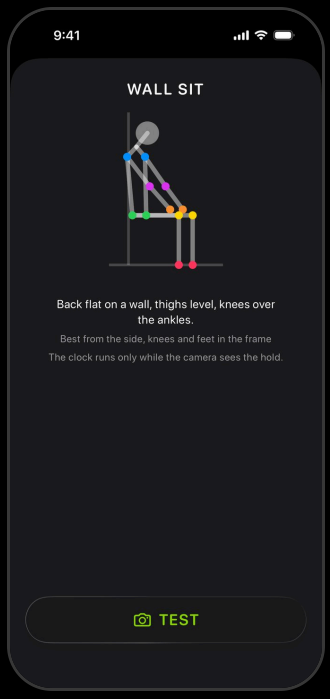
The camera counts the hold: the clock runs only while it sees you in the wall sit, and each rest starts by itself.



On HOLDS, tick WALL SIT.



4 holds of 2:00 with 2:00 of rest.



Trainer: how it is done, and a camera test.

1. Swipe to TIME. Tap the exercises circle, then the exercise under the ring. On HOLDS, tick WALL SIT.
2. Set the hold on the first circle, the rest on the second, the rounds on the last: 2:00, 2:00 and 4.
3. Stand the phone side-on, knees and feet in the frame. The camera turns on by itself.
4. Press play. Stand up early and the clock stops until you are back in position.

- The camera counts your reps on the phone itself. Nothing is uploaded.
- Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

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