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# 7-Day Wall Exercise Challenge

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A 7-day low impact  
challenge

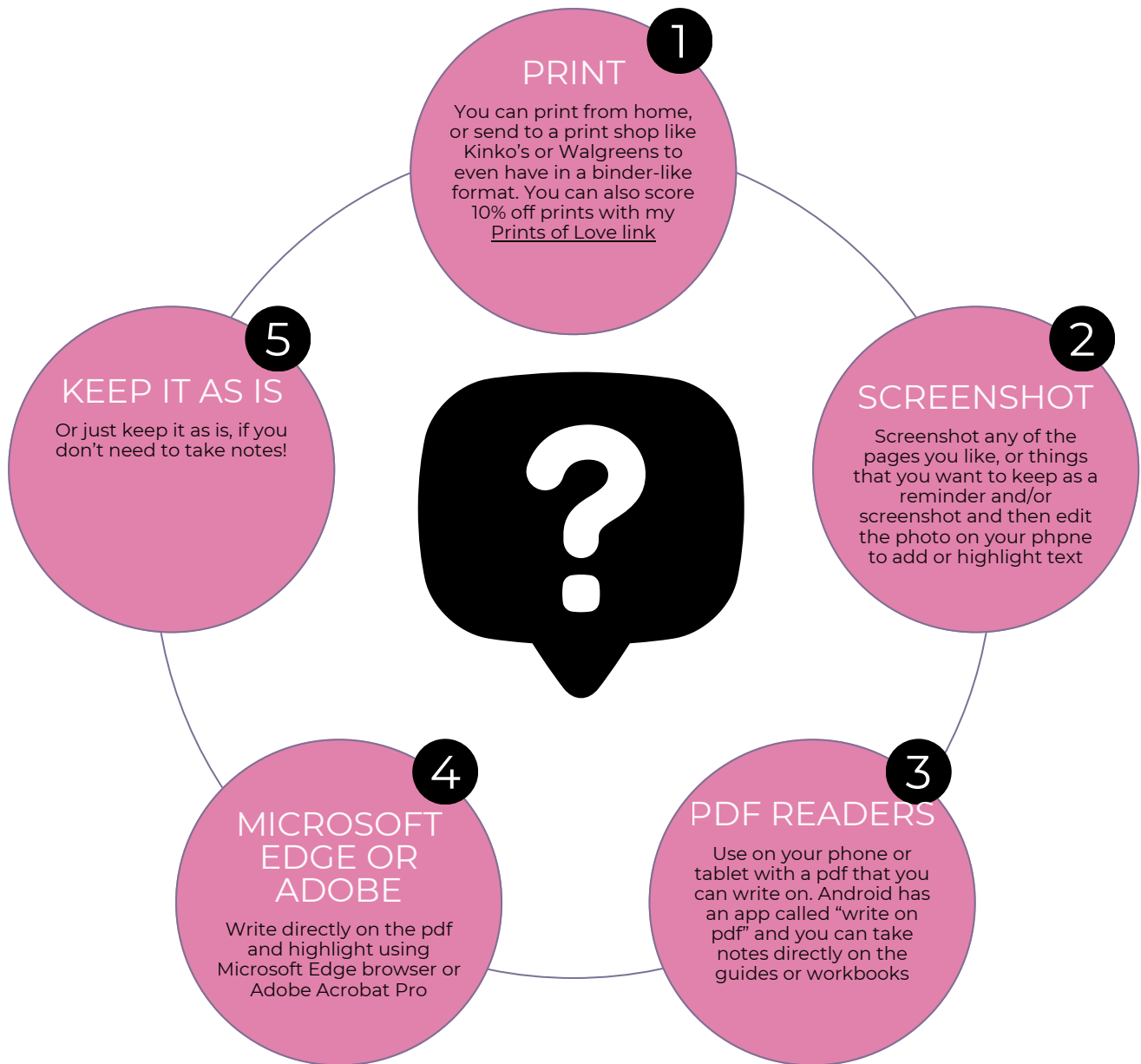
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# Ways You Can Use This Guide:

## Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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405 W Southern Ave Suite 111,  
Tempe, AZ 85282  
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# Thank you for respecting the hard work for the author

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## Consult with a clinician in your care

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# 01

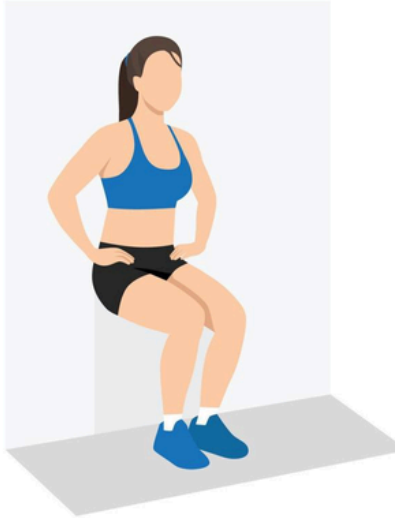
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# The Exercises

Benefits and how to do each one

# The Exercises Part 1

## Wall Exercise



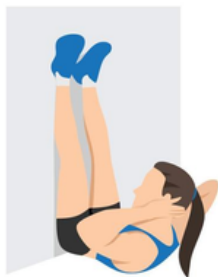
### How to Do it

- Stand with your back against a wall and feet shoulder-width apart.
- Slide your back down the wall until your thighs are parallel to the floor, as if sitting in an invisible chair.
- Keep your knees directly above your ankles and your back flat against the wall.
- Hold the position for as long as possible or for a specified amount of time.

### Benefits

Strengthens the quadriceps, hamstrings, glutes, and calves; improves lower body endurance and stability.

## Wall Sit Up



### How to Do it

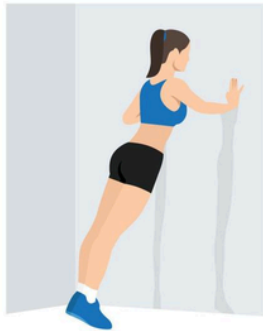
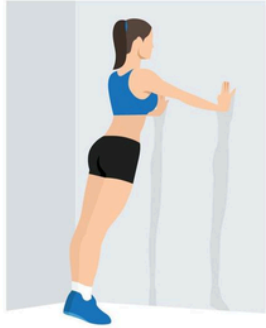
- Lie down on the floor with your feet pressed against a wall (knees bent at 90 degrees).
- Place your hands behind your head or across your chest.
- Perform a sit-up by lifting your upper body towards your knees, engaging your core muscles.
- Slowly lower yourself back down to the starting position. Repeat for a set number of repetitions.

### Benefits

Engages the core, strengthens the abdominals, improves posture, and enhances core stability.

# The Exercises Part 2

## Wall Push-Up



### How to Do it

- Stand facing a wall, a few feet away.
- Place your hands on the wall at shoulder height, slightly wider than shoulder-width apart.
- Bend your elbows and bring your chest toward the wall in a controlled manner.
- Push back to the starting position by straightening your arms. Repeat for the desired number of reps.

### Benefits

Strengthens the chest, shoulders, and triceps; provides a low-impact alternative to traditional push-ups, making it easier on the wrists and joints.

## Booty Bridge



### How to Do it

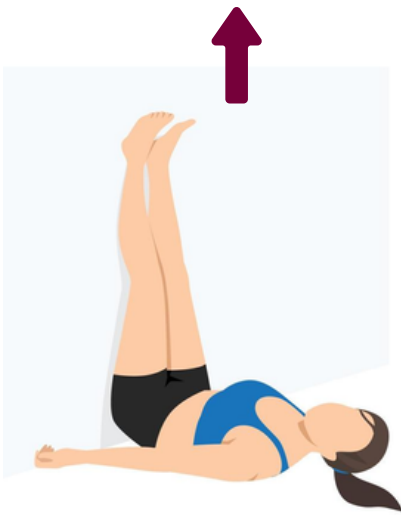
- Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- Press your heels into the floor and lift your hips towards the ceiling while squeezing your glutes.
- Hold the top position for a moment, ensuring a straight line from your shoulders to your knees.
- Lower your hips back down to the floor. Repeat for the desired number of reps.

### Benefits

Strengthens the glutes, hamstrings, lower back, and core; improves posture and enhances hip mobility.

# The Exercises Part 3

## Leg Up



### How to Do it

- Lie on your back with your legs straight and arms by your sides or under your lower back for support.
- Keep your legs straight and lift them up towards the ceiling until your hips are at a 90-degree angle.
- Slowly lower your legs back down without letting them touch the floor, maintaining core engagement.
- Repeat for the desired number of reps.

### Benefits

Strengthens the lower abs, hip flexors, and core muscles; improves flexibility and stability in the hips and lower back.

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# **Helpful Trackers**

and worksheets

# My Goal Progress

Use this worksheet to plot your progress towards your goal. Use this as an opportunity to reflect on how far you have come and to refocus if required.

What is your goal?

What steps do you still need to implement?

1

2

3

4

5

6

7

8

9

Which of your strengths have helped you so far?

Which of your weaknesses have hindered your progress?

How do you feel about your progress with this goal so far?

# My Goal Progress 2

Use this worksheet to plot your progress towards your goal. Use this as an opportunity to reflect on how far you have come and to refocus if required.

What is your goal?

What steps do you still need to implement?

1

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8

9

Which of your strengths have helped you so far?

Which of your weaknesses have hindered your progress?

How do you feel about your progress with this goal so far?



# Weight Loss Tracker

YEAR:

MONTH:

<b>START MONTH WEIGHT</b> <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>
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30 <input type="text"/>	31 <input type="text"/>	<b>END MONTH WEIGHT</b> <input type="text"/>	<b>NOTES:</b> <input type="text"/>		

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# The Challenge

A 7-day challenge

# 7 Day Wall Exercise

Here is a 7-day program. You can use this as a starting point and repeat and see how you feel/like it. Or [purchase the full 30-day program](#) which I have included a beginners, intermediate and advanced level.

**There are no rules here but try to be consistent. If you can't do a certain workout on one day, save it for another**

Day 01	Day 02	Day 03	Day 04	Day 05	Day 06	Day 07
<b>Wall Sits</b> 3 sets of 10 reps 30 secs <b>Bridge</b> 3 sets of 14 reps	<b>Push Ups</b> 4 sets of 10 reps <b>Sit Ups</b> 4 sets of 10 reps	<b>Bridges</b> 4 sets of 10 reps <b>Leg Ups</b> 4 sets of 10 reps	<b>STRETCH</b> (Yoga Flow, Foam Roll, your choice)	<b>Leg Ups</b> 3 sets of 14 reps	<b>Circuit 3</b> rounds of: <b>Wall Sit</b> 10 reps of 30 secs <b>Push Up</b> 12x <b>Sit Up</b> 12x	<b>FULL            CIRCUIT</b> all exercises 3 sets of 8 each

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# **More Resources**

To support your healing journey

# Want More?

Purchase the 30-day challenge in beginner, intermediate and advanced formats [here](#)

If you liked this guide, I am always working on more resources!

For the most up-to-date fitness guides and challenges, head to: [www.releaseology.com/fitness-resources](http://www.releaseology.com/fitness-resources)



**Did you know that I can also guide you through your workouts, talk about your form and more with my services?**

**Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.**

**HSA cards accepted**

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# About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

## Let's Release Your Body's Own Healing Potential



# About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

## Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

## In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

**Why This Matters?** Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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