

Wall exercises you can print

By the fitvee team · Last updated October 30, 2026

6 moves from our plans that use a wall.

Find a clear stretch of wall, with room for your arms.

1 Wall push-up

Chair plan, round 2: 4 of 28 days.

- ① Stand facing a wall, about an arm's length away (closer is easier), feet hip-width apart.
- ② Place your hands on the wall at shoulder height, a little wider than your shoulders.
- ③ Breathe in and bend your elbows, bringing your chest toward the wall. Keep your body in one straight line.
- ④ Breathe out and press back until your arms are straight but not locked.
- ⑤ Do 6 to 8 push-ups.



Easier: Stand closer to the wall, so you lean less. Do 4 push-ups.

Take care:

- Shoulders: stop short of any pinch. Use a smaller bend.
- Sore wrists: place your hands a little lower, or turn your fingers slightly out.
- Balance: wear non-slip shoes and stand on a floor that is not slippery.
- Back: keep your body in one line and do not let your lower back sag.

2 Wall sit

Calisthenics plan, round 2: 2 of 28 days.

- ① Stand with your back flat on a wall, feet about a foot and a half in front of you, shoulder-width apart.
- ② Slide down the wall slowly until your knees are bent. Stop no deeper than chair height.
- ③ Keep your whole back against the wall and your knees over your ankles. Rest your hands on your thighs or by your sides.
- ④ Breathe slowly and hold for 15 to 20 seconds.
- ⑤ Press through your feet and slide back up. Rest for a moment.



Easier: Slide down only a little, or hold for 10 seconds.

Take care:

- Knees: stay at chair height or higher. If your knees ache, slide up a little.
- Back: keep your back flat on the wall.
- Hips: stand up slowly when you finish.

3 Wall angels

Chair plan, round 2: 2 of 28 days.

- 1 Stand with your back to a wall, heels about 6 inches away, knees soft.
- 2 Bring your arms into a goalpost shape: elbows bent, hands up, as close to the wall as is comfortable.
- 3 Breathe out and slowly slide your arms up the wall, as far as is easy.
- 4 Breathe in and slide them back down.
- 5 Do 6 to 8 slides.

Easier: Slide only a short way. Your arms do not have to touch the wall.

Take care:

- Shoulders: if the pinch comes at the top, stop lower. Small is right.
- Neck: keep your chin level.
- Back: do not arch your back to reach the wall.
- Balance: stand on a non-slip floor.

4 Wall calf stretch

Walking plan: 17 of 28 days.

- 1 Stand facing a wall an arm's length away. Place both hands on it at shoulder height.
- 2 Step your right foot back about 1 stride. Keep both heels on the floor and toes pointing forward.
- 3 Bend your left knee a little. Keep your right leg long with a soft knee.
- 4 Breathe out and lean your hips gently toward the wall until you feel a stretch in the right calf.
- 5 Hold for 4 slow breaths. Step back in and switch legs.

Easier: Take a shorter stride and lean less.

Take care:

- Balance: keep both hands on the wall and wear non-slip shoes.
- Sensitive knees: keep the front knee soft.
- Low bone density: lean only as far as feels easy.



5 Supported calf raise

Chair plan: 8 of 28 days.

- 1 Face the wall, about a forearm's length away, both hands flat on the wall at shoulder height. Or use a kitchen counter.
- 2 Stand with your feet hip-width apart and your knees soft.
- 3 Breathe out and slowly rise onto the balls of your feet, as if lifting a string from the top of your head.
- 4 Pause for 1 breath at the top.
- 5 Breathe in and lower slowly. Do 6 reps.

Easier: Rise only a small way, with both hands firmly on the support.

Take care:

- Balance: keep at least one hand on the wall, counter or chair back. Stand up slowly.
- Sensitive knees: keep your knees soft.
- Ankle or foot trouble: choose the seated version.



6 Hip hinge

Chair plan: 4 of 28 days.

- 1 Face the wall, about a forearm's length away, both hands flat on the wall at shoulder height. Or use a kitchen counter. Knees soft.
- 2 Breathe in and stand tall. Gently draw your belly in.
- 3 Breathe out and push your hips straight back, as if closing a door behind you with your bottom.
- 4 Slide your hands down the wall, keeping your back long.
- 5 Breathe in at the bottom. Breathe out and press your feet down to stand. Do 6 reps.

Easier: Go back only a short way, and keep both hands on the support.

Take care:

- Sensitive back: keep the hinge small and your back long.
- Sensitive hips and knees: use a smaller range.
- Low bone density: hinge only a short way with a flat back.
- Hip replacement: hinge only as far as your surgeon or therapist allows. The seated version is a smaller bend.



Stop any move that hurts. Stop and rest if you feel chest pain or pressure, dizziness, a racing or uneven heartbeat, or unusual shortness of breath. If it is severe or does not ease with rest, call 911.