This 1-minute exercise may help lower blood pressure

JUL 23, 2026

Featured topic

No equipment. No gym. Just a wall. Wall sits are known for building lower-body endurance, but they also give your cardiovascular system a unique workout.

Find out:

- How isometric exercises affect heart rate and blood pressure
- What recent research says about their potential health benefits
- How to perform a wall sit safely and effectively

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Transcript

Narrator: You think your heart only gets a workout when you're running or jumping? Think again. The wall sit gives your cardiovascular system a unique challenge, all without taking a single step.

Here's how to do it. Slide your back down the wall until your knees are bent to about 90 degrees, as if you're sitting in an invisible chair. Keep your back flat against the wall, your knees over your ankles, and your feet planted firmly on the floor.

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During a wall sit—quads, glutes, calves and core are under constant tension, making it harder for blood to flow through the working muscles. To keep supplying oxygen to your muscles, your heart rate and blood pressure increase. Your body uses more oxygen and produces more carbon dioxide.

Recent studies show that isometric exercises, like the wall sit, may help you lower your resting blood pressure and are almost twice as effective at reducing blood pressure than traditional cardio or dynamic strength training. Wall sits are best performed near the end of a lower body workout or as part of a strength circuit.

Try it three times a week. If you have high or uncontrolled blood pressure or significant heart disease, check with your doctor before starting isometric training.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.

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