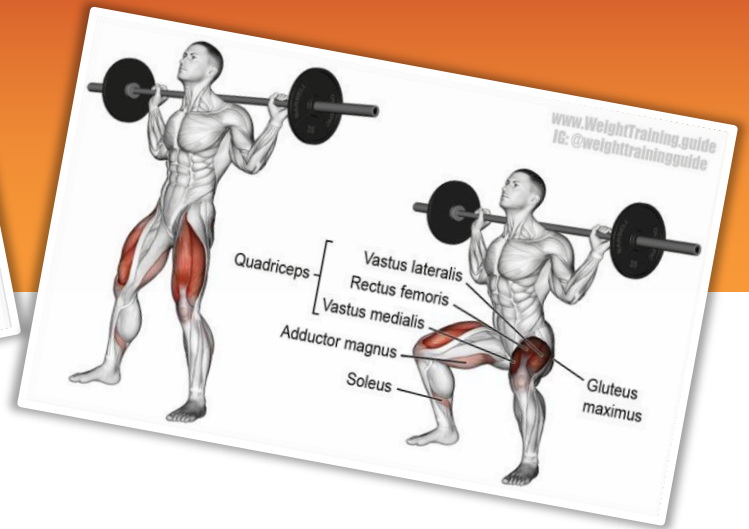


Squat Challenge



Squats

Good quads and glutes are key to healthy knees, hips and backs.

Benefits

1. Burn calories and aids in weight loss
2. Builds muscle
3. Builds strength
4. Helps with balance
5. Aids circulation
6. Improve flexibility
7. Improves tones of leg muscles
8. Boosts mood and relieves stress



Additional website:

<https://www.runtastic.com/blog/en/squat-4-common-squat-mistakes-avoid/>



Squat basics

Place feet slightly wider than shoulder width, squeeze glutes and engage abs, keep your neck and back straight looking at a point slightly in front of you to keep you head straight. Push hips backward as the knees bend. Keep knees in line with toes but do not let them go in front of the toes. Bend knees until the thighs are parallel to the ground.

<https://www.youtube.com/watch?v=ac1HkVaku9U>

Squat challenge

See if you can build up to 250 squats in a day over 30 days.

LIVESTRONG.COM

30-DAY SQUAT CHALLENGE

DAY 1	50 Squats	DAY 16	REST DAY
DAY 2	55 Squats	DAY 17	150 Squats
DAY 3	60 Squats	DAY 18	155 Squats
DAY 4	REST DAY	DAY 19	160 Squats
DAY 5	70 Squats	DAY 20	REST DAY
DAY 6	75 Squats	DAY 21	180 Squats
DAY 7	80 Squats	DAY 22	185 Squats
DAY 8	REST DAY	DAY 23	190 Squats
DAY 9	100 Squats	DAY 24	REST DAY
DAY 10	105 Squats	DAY 25	220 Squats
DAY 11	110 Squats	DAY 26	225 Squats
DAY 12	REST DAY	DAY 27	230 Squats
DAY 13	130 Squats	DAY 28	REST DAY
DAY 14	135 Squats	DAY 29	240 Squats
DAY 15	140 Squats	DAY 30	250 Squats

NOTE: Depending on your fitness level, you can break these into smaller sets.