

Monthly Health Challenge: Squat Challenge

Squats are known as leg exercises but they encourage body-wide muscle building and have many benefits. Squats are a functional exercise making real-life activities easier, burn more fat, promote and maintain mobility and balance, and prevent injuries. An added benefit – squats will tone your backside abs, and entire body!

How do you perform a squat?

- Stand with feet shoulder width apart.
- Keep your back in a neutral position with knees centered over feet (A).
- Slowly bend knees, hip and ankles (lowering as if you are sitting back in a chair) until you reach a 90 degree angle. Your knees should not go past your toes – remember to push your backside out (B)!
- Stand back up squeezing your backside at the top.
- Repeat.



New to Squats? We recommend the Easy Track (E) below.

Squat Champion? Do the Challenging Track (C) below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (E) 30 (C) 50	2 (E) 50 (C) 55
3 (E) 75 (C) 60	4 (E) 60 (C) Rest	5 (E) Rest (C) 70	6 (E) 60 (C) 75	7 (E) 90 (C) 80	8 (E) 50 (C) Rest	9 (E) 45 (C) 100
10 (E) Rest (C) 105	11 (E) 120 (C) 110	12 (E) 40 (C) Rest	13 (E) 75 (C) 130	14 (E) 125 (C) 135	15 (E) Rest (C) 140	16 (E) 80 (C) Rest
17 (E) 50 (C) 150	18 (E) 125 (C) 155	19 (E) 50 (C) 160	20 (E) Rest (C) Rest	21 (E) 145 (C) 180	22 (E) 80 (C) 185	23 (E) 40 (C) 190
24 (E) 100 (C) Rest	25 (E) Rest (C) 220	26 (E) 75 (C) 225	27 (E) 50 (C) 230	28 (E) 150 (C) Rest	29 (E) 95 (C) 240	30 (E) 175 (C) 250

Source: <http://30dayfitnesschallenges.com/>

<http://fitness.mercola.com/sites/fitness/archive/2012/05/25/darin-steen-demonstrates-the-perfect-squat.aspx>