

## Monthly Health Challenge - Squat Jump Challenge



Are you looking for a leg work-out that does not require weights? Squat jumps are a great exercise that strengthens your leg muscles which can be performed virtually anywhere. Squat jumps help tone your hamstrings, quads, calves, buttock, and abdominals. Squat jumps can also be considered a total body workout since it can increase the heart rate if done repeatedly.

### Jump Squat



### How to perform a squat jump

1. Stand with the feet shoulder width apart
2. Squat down as if you were performing a normal squat. Make sure to keep your back straight, and chest up.
3. As your thighs become parallel to the floor, push through the ball of your feet and jump upwards as high as you can.
4. Control your landing. When you feet touch the ground, immediately perform another squat and then jump.
5. Repeat until the desired numbers of reps are completed.

\*To make the squat jump easier, instead of jumping, lift up on the ball on your feet (use only tippy toes). To make the squat jump more difficult, add weight like a barbell.

For beginners, please follow the Easy Track (E). For difficult track, follow the Challenging track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (E) 6 (C) 25	2 (E) 8 (C)30	3 (E) 10 (C) 35
4 (E) 12 (C) Rest	5 (E) Rest (C) 40	6 (E) 12 (C) 45	7 (E) 16 (C) 50	8 (E) 20 (C) Rest	9 (E) 25 (C) 60	10 (E) Rest (C) 70
11 (E) 25 (C) 75	12 (E) 30 (C) Rest	13 (E) 35 (C) 85	14 (E) 40 (C) 90	15 (E) Rest (C) 100	16 (E) 40 (C) Rest	17 (E) 45 (C) 110
18 (E) 50 (C) 120	19 (E) 55 (C) 125	20 (E) Rest (C) Rest	21 (E) 55 (C) 130	22 (E) 60 (C) 140	23 (E) 65 (C) 150	24 (E) Rest (C) Rest
25 (E) 65 (C) 160	26 (E) 70 (C) 175	27 (E) 75 (C) 180	28 (E) 80 (C) Rest	29 (E) 85 (C) 190	30 (E) 90 (C) 200	31 (E) 100 (C) 225