



## Squat Away May Challenge 2017

| SUNDAY                                                                                                                                                                                                                                                                | MONDAY           | TUESDAY           | WEDNESDAY         | THURSDAY         | FRIDAY           | SATURDAY         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------------------|-------------------|------------------|------------------|------------------|
| Post a photo on our Facebook page of you at Integrity doing this challenge and use hashtag #SquatAwayMay<br>Post at least ONE picture to our Facebook page and receive 20% off your total store purchase.<br>To receive your discount just show your coach the image. |                  |                   |                   |                  |                  |                  |
|                                                                                                                                                                                                                                                                       | 1<br>20 squats   | 2<br>25 squats    | 3<br>30 squats    | 4<br>35 squats   | 5<br>40 squats   | 6<br>45 squats   |
| 7<br>REST                                                                                                                                                                                                                                                             | 8<br>50 squats   | 9<br>55 squats    | 10<br>REST        | 11<br>60 squats  | 12<br>65 Squats  | 13<br>70 squats  |
| 14<br>REST                                                                                                                                                                                                                                                            | 15<br>75 squats  | 16<br>80 squats   | 17<br>REST        | 18<br>85 squats  | 19<br>90 squats  | 20<br>100 squats |
| 21<br>REST                                                                                                                                                                                                                                                            | 22<br>120 squats | 23<br>135 squats  | 24<br>REST        | 25<br>150 squats | 26<br>160 squats | 27<br>170 squats |
| 28<br>REST                                                                                                                                                                                                                                                            | 29<br>180 squats | 30<br>190 squats! | 31<br>200 squats! |                  |                  |                  |