



Squat Away May Challenge 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Have a coach sign off on each day of this challenge. Complete the entire month & get 20% off your total store purchase. The coach must sign off as proof that you did the challenge and you must complete the entire month in order to qualify for the May Challenge Prize. Good luck and have fun!</p>						
			1 30 squats	2 35 squats	3 40 squats	4 45 squats
5 REST	6 50 squats	7 55 squats	8 REST	9 60 squats	10 65 Squats	11 70 squats
12 REST	13 75 squats	14 80 squats	15 REST	16 85 squats	17 90 squats	18 95 squats
19 REST	20 100 squats	21 110 squats	22 REST	23 120 squats	24 130 squats	25 135 squats
26 REST	27 140 squats	28 150 squats	29 165 squats	30 185 squats	31 200 squats!	