



Squat Away May Challenge 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Have a coach sign off on each day of this challenge. Complete the entire month & get 20% off your total store purchase and a FREE health coaching session! (\$35.00 Value!) 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!					1 20 squats	2 30 squats
3 REST	4 40 squats	5 45 squats	6 REST	7 55 squats	8 65 squats	9 70 squats
10 REST	11 80 squats	12 90 squats	13 REST	14 95 squats	15 100 Squats	16 110 squats
17 REST	18 120 squats	19 130 squats	20 REST	21 140 squats	22 150 squats	23 160 squats
24 REST	25 170 squats	26 180 squats	27 REST	28 190 squats	29 195 squats	30 200 squats
31 REST	STEP ONE Stand with your feet slightly wider than hip-width apart, back straight, shoulders down, toes pointed slightly out. STEP TWO Keeping your back straight, eyes pointing straight ahead- this will help keep your back straight, lower your body down and back as if you are sitting down into a chair, until your thighs are parallel to the ground (90 degrees). Make sure your knees do not pass over your toes, and keep your abs tightly activated to ensure a straight spine. Rise up & push up from your heels. Do not let knees "sag" inward on the way up. Repeat!					