



Squat Away May Challenge 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Have a coach sign off on each day of this challenge. Complete the entire month & get 25% 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 REST	2 20 squats	3 25 squats	4 30 squats	5 35 squats	6 40 squats	7 45 squats
8 REST	9 50 squats	10 55 squats	11 REST	12 60 squats	13 65 Squats	14 70 squats
15 REST	16 75 squats	17 80 squats	18 REST	19 85 squats	20 90 squats	21 95 squats
22 REST	23 100 squats	24 110 squats	25 REST	26 120 squats	27 130 squats	28 135 squats
29 REST	30 140 squats	31 150 squats!				