



# **SQUAT CHALLENGE!**

## **WEEK 3**

Can you believe it, we are already on Week 3 of our Squat Challenge? By now, you are accustomed to the various squats we have been performing. Your movement, amount of reps and strength are all making positive gains! Most importantly, your healthy habits are continuing to grow! Week 3 is going to be a bit more challenging as we are going to incorporate isometric moves with our squats. Isometric exercises are exercises that involve the contraction of muscles without any movement in the surrounding joints. The constant tension on the muscles will help improve muscle endurance and support dynamic exercises.

**REMEMBER TO DRINK PLENTY OF WATER AND STRETCH BEFORE PERFORMING WEEK 3'S SQUAT CHALLENGE. YOU GOT THIS! READY...SET...GO!**



## DAY 1: BASIC SQUAT: 20 REPS



**A. START IN THE STANDING POSITION, FEET SHOULDER-WIDTH APART AND ARMS OUTREACHED IN FRONT OF CHEST.**

**B. BRACE YOUR ABS, PUSH YOUR HIPS BACK AND BEND YOUR KNEES, LOWERING THE BODY INTO A SQUAT. PAUSE AT THE BOTTOM, THEN PUSH BACK TO STARTING POSITION.**

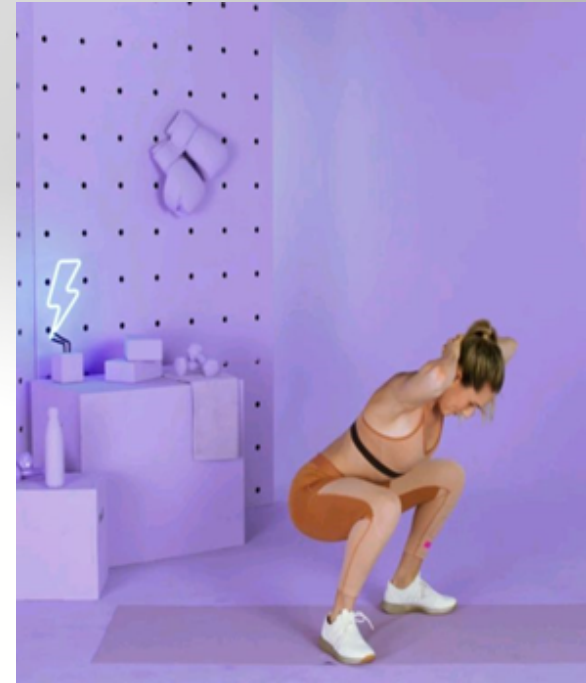
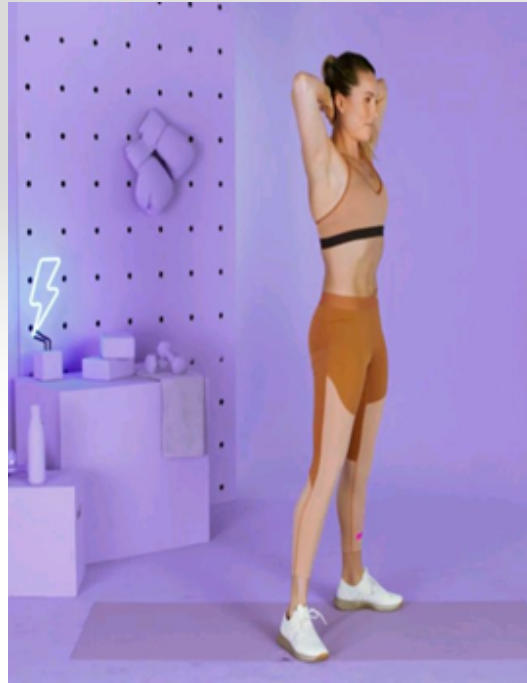
# 30 Days to a Better YOU!

## DAY 2: KANG SQUAT: 20 REPS (10 REPS, REST REPEAT)

**A. STAND UP STRAIGHT WITH FEET WIDER THAN HIP HIP-DISTANCE APART, TOES POINTED SLIGHTLY OUTWARD. PLACE HANDS BEHIND HEAD.**

**B. HINGE AT HIPS AND LOWER TORSO DOWN UNTIL NEARLY PARALLEL WITH FLOOR.**

**C. SIT HIPS BACK AND BEND AT KNEES TO SINK INTO SQUAT UNTIL THIGHS ARE PARALLEL WITH FLOOR. PUSH THROUGH HEELS AND REVERSE THE MOVEMENT TO RETURN TO START. THAT'S ONE REP.**



# 30 Days to a Better YOU!

## **DAY 3: JUMP SQUAT: 20 REPS**



**A. LEAN BACK AGAINST THE WALL WITH YOUR TORSO, FEET SHOULDER-WIDTH APART.**

**B. PRESS BACK AND SLIDE DOWN THE WALL UNTIL YOUR THIGHS ARE PARALLEL WITH THE GROUND. KEEP YOUR HEAD, SHOULDERS & UPPER BACK AGAINST THE WALL AND HOLD THE POSITION FOR 30-60 SECONDS.**

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## DAY 4: REST DAY

Your hard work and determination are paying off! Today, give your body the well-deserved rest day that it needs! Pushing through our Squat Challenge requires mental toughness too and stamina, which means that physical exertion is not only hard on your body, it can fatigue your brain as well. Spending a day or two away from your training environment can give you a psychological break from exercise and help your mind relax, allowing it to recover along with your muscles. Remember to make healthy food choices and hydrate often!



# 30 Days to a Better YOU!

## **DAY 5: SPLIT SQUAT: 10 TO 15 REPS EACH LEG**



- A. With your feet underneath your shoulders, step 1 foot forward as wide as you can while keeping both heels planted on the ground with toes pointed forward.**
- B. Place your hands on your hips & maintain an upright torso as you bend both your knees, allowing your backheel to come off of the ground as you shift your weight down into the heel of the front leg.**
- C. Lower until your back shin and front thigh are parallel with the ground . Pause and drive through your front heel to stand back up to the start position**

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## DAY 6: GLUTE BRIDGE: 15 TO 20 REPS

**NOT A SQUAT, BUT THIS ISOMETRIC EXERCISE HAS ALL THE SAME BENEFITS OF A SQUAT!**

**A. LIE ON A MAT OR THE FLOOR WITH YOUR FACE UP, BENT KNEES HIP-DISTANCE APART AND YOUR FEET FLAT . KEEP BOTH OF YOUR ARMS AT YOUR SIDE WITH PALMS DOWN.**

**B. LIFT YOUR HIPS OFF THE MAT OR FLOOR BY ENGAGING THE CORE AND SQUEEZING YOUR GLUTES UNTIL YOUR HIPS, KNEES AND SHOULDERS ARE ALL INCLINED IN A STRAIGHT LINE. KEEP YOUR GLUTES SQUEEZED. HOLD THE POSITION FOR A FEW SECONDS AND COME DOWN TO THE INITIAL POSITION. THAT'S ONE REP.**



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## DAY 7: REST DAY



You did it... You completed Week 3 of the Squat Challenge! Congratulations on all your hard work! Take this rest day and relish in your new-found energy, workout habits and healthy eating choices.

**ONE MORE WEEK TO GO. SEE YOU NEXT WEEK!  
YOU GOT THIS!**

# 30 Days to a Better YOU!



**YOU DID IT!!! YOU SUCCESSFULLY COMPLETED WEEK 2  
OF 30 DAYS TO A BETTER YOU SQUAT CHALLENGE!!!  
STAY TUNED FOR WEEK 3 AS WE TRANSFORM INTO  
THE BEST VERSION OF OURSELVES**