

The final week of 30 days to a Better YOU Squat Challenge is here! By now you are beginning to see the positive changes that your hard work is doing for you! More energy! More mobility! More flexibility! Not to mention that you are strengthening your heart and gaining lean muscle, which helps to burn fat! Remember to make healthy food choices and drink plenty of water.

**READY...SET...GO!** 

#### **DAY 1: SQUAT PULSE**



A.DROP DOWN INTO A BASIC SQUAT.

B.INSTEAD OF FULLY EXTENDING BACK UP TO START, RISE HALFWAY, PULSE FOR 2 SECONDS, THEN DROP BACK DOWN TO BASIC SQUAT AGAIN.

#### **DAY 2: KANG SQUAT: 10-15 REPS EACH LEG**

A.DROP DOWN TO BASIC SQUAT.

B.AS YOU COME UP, KICK YOUR RIGHT LEG UP AS HIGH IT WILL GO.

C.DROP IMMEDIATELY DOWN AGAIN TO ANOTHER BASIC SQUAT, PUSHING UP AND KICKING YOUR LEFT LEG UP.



#### **DAY 3: CURTSY SQUAT: 10-15 REPS PER LEG**



A.START WITH YOUR FEET SHOULDER-WIDTH APART, HANDS ON HIPS.

B.STEP YOUR RIGHT LEG BACK, CROSSING IT BEHIND YOUR LEFT, LIKE YOU ARE CURTSYING, BENDING YOUR LEFT LEG & STOPPING WHEN YOUR THIGH IS PARALLEL TO THE GROUND.

C.RETURN TO START & COMPLETE WITH YOUR OPPOSITE LEG.

### **DAY 4: REST DAY**

Whew.... a well-deserved rest day is in order! Take today and reflect on all of your hard work. By now your energy levels are rising, you're gaining lean muscle and have more mobility & flexibility. Hard work isn't easy. Exercise to be fit. Eat to nourish your body. Ignore the doubters and unhealthy examples that were once feeding you. Work hard, stay consistent and be patient!



#### **DAY 5: JUMP SQUAT: 15-20 REPS**



A. ASSUME A BASIC SQUAT POSITION. DROP DOWN, AND ON THE WAY UP, EXPLODE UP THROUGH YOUR TOES INTO A JUMP.

LAND SOFTLY, IMMEDIATELY DROPPING BACK DOWN AND EXPLODING BACK UP AGAIN

#### **DAY 6: SQUAT JACK: 15 TO 20 REPS**

A. DROP DOWN INTO A BASIC SQUAT WITH YOUR ARMS OUTREACHED AND PARALLEL TO THE FLOOR.

B. JUMP YOUR FEET OUT AND BACK IN, MAINTAINING A SQUAT POSITION.



### **DAY 7: FINAL REST DAY**



Wow, can you believe it? Our 30 Days to a Better You Squat Challenge has concluded. CONGRATULATIONS FOR STICKING WITH IT! You did it!

Exercise is a CELEBRATION of what your body can do.

Don't wait until you've reached your goal to be proud of yourself. Be proud of every squat performed toward reaching your goal! You got this! Thanks for participating in part 1 of 4 of 30 Days to a Better YOU!