

MAY SQUAT CHALLENGE

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- The goal is to squat every day to reach 150 total squats on the last day of the month.
- Squats do not have to be done all at once. You may split them up however you want to, just be sure to complete them each day.
- *PLEASE NOTE:* you do not have to do the different types of squats on the days in between the regular squats. You can choose to do regular squats every single day if you prefer.
- *PLEASE NOTE:* if you are not able to squat, then you can modify by doing a bridge instead!
- **PRIZE:** If you refer a friend who completes the challenge with you, you will both receive half off a partner training session together
- HOW TO SQUAT:
 - First and most importantly: do NOT let your knees go over your toes in a squat. This will put all the pressure into the knee caps instead of into the thighs and glutes which can cause discomfort in the knees.
 - The easiest way to accomplish keeping the knees behind your toes is to focus on sticking your butt back behind you and keeping your weight in your heels (Imagine there is something behind you- like a chair- and if you do not sit your butt back far enough, you will fall to the ground). If you notice that your heels are coming off the ground, this is another indicator that you have too much weight falling into the front of your knees and you need to sit your butt back farther.
 - Make sure that your chest stays lifted and not bent over forward so that you do not put any added pressure into the lower back.
 - Don't go too low! Getting down to 90 degrees is the absolute lowest you need to go. If you can't make it to 90 degrees don't worry... just go to a point that is challenging, but not painful. You should NEVER feel pain while doing squats. If you experience pain, more than likely the form is off somehow and it needs to be corrected.
 - As mentioned above, you can substitute squats for bridges instead.
 - Lastly, HAVE FUN and get excited to burn calories, build muscle, and lift that booty!

SAT	SUN	MON	TUE	WED	THU	FRI
<u>Day 1:</u> <input type="checkbox"/> 50 Regular Squats	<u>Day 2:</u> <input type="checkbox"/> 10 Squat Jumps	<u>Day 3:</u> <input type="checkbox"/> 55 Regular Squats	<u>Day 4:</u> <input type="checkbox"/> 20 Curtsy Squats	<u>Day 5:</u> <input type="checkbox"/> 60 Regular Squats	<u>Day 6:</u> REST	<u>Day 7:</u> <input type="checkbox"/> 30 Sumo Squats
<u>Day 8:</u> <input type="checkbox"/> 65 Regular Squats	<u>Day 9:</u> <input type="checkbox"/> 40 Squat Pulses	<u>Day 10:</u> <input type="checkbox"/> 70 Regular Squats	<u>Day 11:</u> <input type="checkbox"/> 50 Chair Squats	<u>Day 12:</u> REST	<u>Day 13:</u> <input type="checkbox"/> 75 Regular Squats	<u>Day 14:</u> <input type="checkbox"/> 50 Chair Squats
<u>Day 15:</u> <input type="checkbox"/> 80 Regular Squats	<u>Day 16:</u> <input type="checkbox"/> 40 Squat Pulses	<u>Day 17:</u> <input type="checkbox"/> 85 Regular Squats	<u>Day 18:</u> REST	<u>Day 19:</u> <input type="checkbox"/> 30 Sumo Squats	<u>Day 20:</u> <input type="checkbox"/> 90 Regular Squats	<u>Day 21:</u> <input type="checkbox"/> 20 Curtsy Squats
<u>Day 22:</u> <input type="checkbox"/> 95 Regular Squats	<u>Day 23:</u> <input type="checkbox"/> 10 Squat Jumps	<u>Day 24:</u> REST	<u>Day 25:</u> <input type="checkbox"/> 100 Regular Squats	<u>Day 26:</u> <input type="checkbox"/> 10 Squat Jumps	<u>Day 27:</u> <input type="checkbox"/> 105 Regular Squats	<u>Day 28:</u> <input type="checkbox"/> 20 Curtsy Squats
<u>Day 29:</u> <input type="checkbox"/> 110 Regular Squats	<u>Day 30:</u> REST	<u>Day 31:</u> <input type="checkbox"/> 150 Regular Squats				