


Squat 1500

The Squat 1500 Challenge invites you to do 50 squats a day for the next 30 days. Here are the steps to complete a proper squat: (1) stand with your feet spread a little wider than your hips; (2) lift your arms out straight at shoulder height; (3) start the motion by lowering your hips like you are going to sit on a chair; (4) keep shoulders back and a slight inward curve in the lower back; (5) knees should align with toes but not extend past them; (6) once you feel you are almost at chair level, squeeze the hips and return to the standing position. Check out videos online if you'd like a visual tutorial. To complete the challenge, track 1500 squats by the end of the challenge.

Nov 1	Nov 2	Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
Nov 8	Nov 9	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
Nov 15	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
Nov 29	Nov 30			<p>I've completed the challenge!</p> <hr/> <p>(Print Name)</p>		