The Squat 1500 challenge invites you to do 50 squats a day for the next 30 days. If you prefer resting your muscles for a day, do 100 squats every other day. Here are the steps to 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 video online if you’d like a visual tutorial. Track yes for each day that you accomplish this challenge.