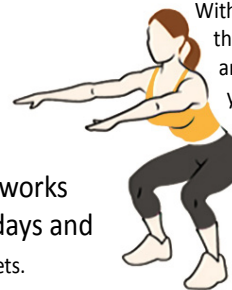


Monty Betham
StepsforLife Foundation **28 Day**
SQUAT CHALLENGE

Jump (or should we say squat) into our 28 day challenge. The squat is a full body fitness staple that works the hips, butt and thighs, and sneakingly strengthens the core while you're at it. So give it a go for 28 days and get those abs working. Note: Respect the rest days, your body needs them. As the amount of squats grow divide them into sets.

Stand with feet about shoulder width apart Try to keep your feet straight and parallel, but if you have to turn them outwards slightly that's OK also (no more than 15 degrees).



With arms straight out in front at shoulder height, begin the descent by bending the knees, sticking out your bum, and leaning forward at the waist. Pretend you are sitting back in an imaginary chair and ensure your knees remain behind your toes the entire time. Sticking out your chest and looking straight ahead will also help to maintain a neutral back as you perform the descent.

Your back should remain neutral throughout the motion. Squat until your thighs are parallel to the floor or to the point where you can no longer maintain a flat back.

Press through your heels to return to standing.



DAY 1 30	DAY 2 50	DAY 3 75	DAY 4 60	DAY 5 rest	DAY 6 60	DAY 7 90
DAY 8 50	DAY 9 45	DAY 10 rest	DAY 11 120	DAY 12 40	DAY 13 75	DAY 14 50
DAY 15 rest	DAY 16 80	DAY 17 50	DAY 18 125	DAY 19 50	DAY 20 rest	DAY 21 145
DAY 22 80	DAY 23 40	DAY 24 100	DAY 25 rest	DAY 26 75	DAY 27 50	DAY 28 150