



Quick Squats Challenge



CHALLENGE DESCRIPTION:

Welcome to the "Quick Squats Challenge" – your seven-day challenge to a stronger, healthier you! Squats are a fundamental exercise that **targets the core and lower body**, engaging the quadriceps, hamstrings, and glutes. Not only do they help in building muscle, but they also improve flexibility, burn calories, and can even help with balance and mobility.

Squats are a dynamic strength exercise in which you lower your hips from a standing position and then stand back up. They mimic the motion of sitting on a chair and are considered a vital exercise for increasing the strength and size of the lower body muscles and developing core strength. Including squats into your daily routine can have many benefits. Best of all, it is a simple exercise that can be done anywhere, without the need for equipment.

Proper Squat Form

Squatting is a fundamental movement that engages multiple muscle groups across the body. To perform a squat with proper form:

1. Start by standing with your feet shoulder-width apart and your toes slightly turned out.
2. Engage your core muscles and keep your chest lifted as you push your hips back and bend your knees, as if you're about to sit on a chair.
3. Ensure your knees are aligned with your feet.
4. Lower down as far as you can without compromising your form, ideally until your thighs are parallel to the floor.
5. Keep your weight primarily in your heels and midfoot rather than on your toes.

Watch out for:

- Avoid letting your knees cave inward or over tracking past your toes.
- Avoid rounding your back and shoulders by trying to maintain a neutral spine.
- Make sure you are breathing! Breathe in as you lower down and exhale as you push back up to the starting position.

QUICK SQUATS

THE CHALLENGE

You will be completing three sets of ten squats per day for a week.

- Start your day with a set of 10 squats after waking up.
- Perform another set of 10 squats during your work break.
- End your day with a final set of 10 squats before bed.

Remember, quality over quantity! It's better to perform fewer squats with correct form than many with poor form. After the week is complete, if you would like to challenge yourself further, there are several options:

- Extend the challenge to a month and keep track of your progress each day.
- Incorporate light dumbbells to increase the challenge
- Increase the number of squats per set each day or add an additional set.
- Try different variations like sumo squats, jump squats, or pistol squats.

Check off each time you complete a set of squats throughout the day:

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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CHALLENGE COMPLETE!

By the end of this week, you'll notice improved strength and perhaps even a new habit forming. Squats are a simple yet effective exercise that can be seamlessly integrated into your daily life. Remember that with any challenge, consistency is key!



Congratulations on completing the **Quick Squats** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

