

30 DAY SQUAT CHALLENGE

Squats are a foundational lower body exercise. They are effective at working the major muscle groups of the butt, hips and thighs. Squats are also incredibly versatile. They can be done in many ways, in any location and benefit those who want to improve endurance, cardio, strength, fat loss, and more.

A proper squat will build up the entire lower half of the body and helps build core and back strength. Because some of the largest muscles in the body are located in the legs, you can expect to burn calories, boost athletic ability, and improve your flexibility and range of motion.

How to do a Basic Squat:

1. Begin with your feet slightly wider than hip distance apart
2. Keep the chest lifted and engage your abdominal muscles
3. Lower your hips back until your thighs are parallel or almost parallel to the floor
4. Pause with your knees over, but not beyond your toes, heels flat on the floor
5. Pressing through your heels, push back up to the starting position

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

Common Problems and How to Fix Them

Problem: Rounded Back

Solution: Hug the shoulder blades back and together, lift the eyes to gaze out in front, instead of towards the floor. Use your core to keep the low back strong

Problem: High hips, Low Chest

Solution: Lift the chest and add a box behind to sit back on, use a mirror to watch for this issue

Problem: Knees Fall Out

Solution: Think about driving the knees out as your squat down, add a band to help apply pressure outwards as you sit down and back.

Types of Squats

Basic Squat (Described above)

Sumo Squat - Stance is much wider with toes pointed towards the corner of the room

Squat Jacks - Starting with the basic squat, press through the heels to lift off the floor with a quick jump feet together and back into the basic squat

Pulsing Squats - Can be sumo style or basic, at the bottom of the squat, come up 1/4 and sink back down before returning to standing

Jump Squats - Begin in a basic squat, sitting back and down, using momentum, jump up explosively, landing gently into another squat

Basic Squat



Sumo Squat



Squat Jack



Pulse Squat



Jump Squats



15 Basic Squats 1	15 Basic Squats 15 Sumo Squats 2	20 Basic Squats 15 Sumo Squats 10 Pulsing Squats 3	25 Basic Squats 20 Sumo Squats 10 Pulsing Squats x 2 4	Rest 5
30 Basic Squats 25 Sumo Squats 20 Pulsing Squats 15 Squat Jacks 6	20 Basic Squats 20 Sumo Squats 20 Pulsing Squats x3 7	25 Pulsing Squats 8 Jump Squats 8	10 Basic Squat 15 Sumo Squats 30 Squat Jacks 9	Rest 10
30 Basic Squats 25 Sumo Squats 20 Pulsing Squats 15 Squat Jacks X2 11	10 Basic Squats 10 Sumo Squats 10 Pulsing Squats 10 Squat Jacks X 2 12	15 Basic Squats 10 Squat Jumps X2 13	30 Squat Jacks 25 Pulsing Squats 20 Sumo Squats 14	Rest 15
10 Basic Squats 10 Sumo Squats 10 Pulsing Squats 10 Squat Jacks X 2 16	10 Jump Squats X4 17	10 Basic Squats 10 Sumo Squats 10 Pulsing Squats 10 Squat Jacks X 3 18	10 Basic Squats 30 Sumo Squats 19	Rest 20
25 Basic Squats 25 Sumo Squats 20 Pulsing Squats 15 Squat Jacks X3 21	15 Sumo Squats 10 Jump Squats X2 22	30 Pulsing Squats 30 Sumo Squats 23	40 Basic Squats 24	Rest 25
10 Basic Squats 10 Sumo Squats 10 Jumping Squats X3 26	20 Sumo Squats 20 Squat Jacks X 3 27	15 Jumping Squats X3 28	Rest 29	30 Jumping Squats 25 Pulsing Squats 15 Sumo Squats 10 Basic Squats 30

Perform all squats with as much rest as needed. For sets with more than 20 reps, you have the option to break up the squats (i.e., 30 squats can be done in groups of 10 with some rest)