



APRIL 18 – MAY 15

SQUAT UNTIL YOU DROP

SPRING FITNESS CHALLENGE

Grab a Wellness Team member and complete the required squat reps for 1 daily entry to the 3 winner drawing for a free personal training session!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1: BODYWEIGHT SQUAT						
APRIL 18	APRIL 19	APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24
8 REPS	12 REPS	16 REPS	20 REPS	24 REPS	28 REPS	32 REPS
WEEK 2: BACKWARD LUNGE SQUAT (ALTERNATING SIDES)						
APRIL 25	APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1
8 REPS	12 REPS	16 REPS	20 REPS	24 REPS	28 REPS	32 REPS
WEEK 3: JUMPSQUAT						
MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8
8 REPS	12 REPS	16 REPS	20 REPS	24 REPS	28 REPS	32 REPS
WEEK 4: LATERAL SQUAT (EACH SIDE)						
MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15
8 REPS	12 REPS	16 REPS	20 REPS	24 REPS	28 REPS	40 REPS

500+ SQUATS | 28 DAYS | 3 BIG WINNERS

www.thesay.org/challenge

SUMMIT AREA YMCA