



Big Tree Studio

30 Day Squat Challenge

Whoo Hoo! You have eagerly accepted our 30 day squat challenge. Let the fun begin.

Why are squats beneficial to our bodies? We spend a lot of our time sitting on our butts and sitting is the new smoking! Sitting kills good posture, kills our core. Doing these squats **correctly** will give you a great core, strong thighs and an awesome butt.

How to perform a squat with correct technique: Choose your squat level

- Stand up straight, legs shoulder width apart, feet **must** be slightly pointed out ward.
- Sit back on your heels while keeping your back straight, push out your butt like you're going to sit down, pretend there is a wall in front of you – do not touch the wall.
- Keep your knees behind your toes, squat down to your desired level – hold squats for a second then go back to standing. Do not rest between repetitions.

You can stay on the same level for the 30 days or move up as you get stronger. There should be no knee joint pain, just muscles feeling worked!



Beginner's Squat



Intermediate Squat



Advanced Squat

	Squats	Level	Date			Squats	Level	Date
Day 1	3				Day 16	Rest		
Day 2	4				Day 17	15		
Day 3	5				Day 18	16		
Day 4	Rest				Day 19	17		
Day 5	6				Day 20	Rest		
Day 6	7				Day 21	18		
Day 7	8				Day 22	19		
Day 8	Rest				Day 23	20		
Day 9	9				Day 24	Rest		
Day 10	10				Day 25	21		
Day 11	11				Day 26	22		
Day 12	Rest				Day 27	23		
Day 13	12				Day 28	Rest		
Day 14	13				Day 29	24		
Day 15	14				Day 30	25		