

Grass Roots Fitness

28 DAY

Intermediate SQUAT CHALLENGE

◀ December	~ January 2015 ~						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	
4 *Prisoner Squat Day 1-7 January 4-10 20 reps	5 30 reps	6 rest	7 20 reps	8 30 reps	9 40 reps	10 rest	
11 *Plie Prisoner Squat Day 8-14 January 11-17 30 reps	12 40 reps	13 rest	14 30 reps	15 40 reps	16 50 reps	17 rest	
18 *counter balance bulgarian split squat Day 15-21 January 18-24 20 reps	19 30 reps	20 rest	21 20 reps	22 30 reps	23 40 reps	24 rest	
25 *prisoner bulgarian split squat Day 22-28 January 25-31 30 reps	26 40 reps	27 rest	28 30 reps	29 40 reps	30 50 reps	31 rest	

More Calendars: [February](#), [March](#), [April](#)

* See video for instruction at <http://www.grassrootsfitness.org/how-to-squat/>