

# Grass Roots Fitness

## 28 DAY

### Beginner SQUAT CHALLENGE

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

Video Demonstration- <http://www.grassrootsfitness.org/how-to-squat/>