







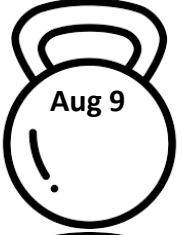

















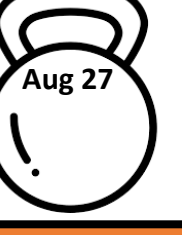








Squat 1500

Aug 1st- Aug 31st

The Squat 1500 challenge invites you to do 50 squats a day for the next 30 days. If you prefer resting your muscles for a day, do 100 squats every other day. Here are the steps to a proper squat: (1) stand with your feet spread a little wider than your hips; (2) lift your arms out straight at shoulder height; (3) start the motion by lowering your hips like you are going to sit on a chair; (4) keep shoulders back and a slight inward curve in the lower back; (5) knees should align with toes but not extend past them; (6) once you feel you are almost at chair level, squeeze the hips and return to the standing position. Check out video online if you'd like a visual tutorial. Track yes for each day that you accomplish this challenge.

 Aug 1	 Aug 2	 Aug 3	 Aug 4	 Aug 5	 Aug 6	 Aug 7
 Aug 8	 Aug 9	 Aug 10	 Aug 11	 Aug 12	 Aug 13	 Aug 14
 Aug 15	 Aug 16	 Aug 17	 Aug 18	 Aug 19	 Aug 20	 Aug 21
 Aug 22	 Aug 23	 Aug 24	 Aug 25	 Aug 26	 Aug 27	 Aug 28
 Aug 29	 Aug 30	 Aug 31				

(Print Name)

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org