

# Maria's 21-Day Challenge - August 2023

## 21-Days of Daily Squats!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 

DAY 1 - 10X

DAY 8 - 25X

DAY 15 - 60X

DAY 2 - 10X

DAY 9 - 30X

DAY 16 - 70X

DAY 3 - 15X

DAY 10 - 30X

DAY 17 - 70X

DAY 4 - 15X

DAY 11 - 40X

DAY 18 - 80X

DAY 5 - 20X

DAY 12 - 40X

DAY 19 - 85X

DAY 6 - 20X

DAY 13 - 50X

DAY 20 - 95X

DAY 7 - 25X

DAY 14 - 60X

DAY 21 - 100X

# DAILY SQUATS CHALLENGE

## TIPS FOR SUCCESS!

### Reasons to do DAILY SQUATS:

- Improves your balance
- Strengthens your leg muscles
- Tones your entire body
- Builds your confidence
- Helps you to perform daily tasks easily

### How to make sure you don't make the common squatting mistakes

- Initiate the movement with the hips and NOT the knees.
- Try to reach a 90 degree angle at the knee when squatting instead of bending too far down to the point where your bottom touches the floor
- Push through the heels when you stand instead of pushing through the heels

### How to do squats properly:

- Stand tall with your hands by your sides, feet shoulder-width apart, and toes pointed forward.
- Keeping your back flat and core braced
- Push your hips back,
- Bend your knees,
- Lower your body until your thighs are parallel to the floor.
- "Sit" into the exercise, pushing your butt back like you're lowering yourself onto a chair or bench.
- Never bend forward at your waist — that will only increase the stress on your spine and