

# March 2016



## Super Squats Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	1	2	3	4	5
	60 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	60 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	60 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	60 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats
6	7	8	9	10	11	12
Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats
13	14	15	16	17	18	19
Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	1 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats
20	21	22	23	24	25	26
Rest Day	2 Min of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	2 Min of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	2 Min of each: Narrow Chair Squat Skater Squats Swing Jump Squats	2 Min of each: Narrow Chair Squat Skater Squats Swing Jump Squats
27	28	29	30	31		
Rest Day	2 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day	2 Min 30 Sec of each: Narrow Chair Squat Skater Squats Swing Jump Squats	Rest Day		

