



# OCTOBER (SQUATOBER) 2020

## SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH	SQUAT	SQUAT	SQUAT	SQUAT	SQUAT	RECOVERY
HAMSTRING STRETCH QUADRICEP STRETCH GLUTE STRETCH BUTTERFLY STRETCH SEAL STRETCH CHILD'S POSE (HOLD EACH FOR 10 SECONDS)	DO ANY SQUAT VARIATION FOR THE SPECIFIED NUMBER OF REPS (SEE EXERCISE REFERENCE PAGE FOR SQUAT VARIATIONS)	DO ANY SQUAT VARIATION FOR THE SPECIFIED NUMBER OF REPS (SEE EXERCISE REFERENCE PAGE FOR SQUAT VARIATIONS)	DO ANY SQUAT VARIATION FOR THE SPECIFIED NUMBER OF REPS. (SEE EXERCISE REFERENCE PAGE FOR SQUAT VARIATIONS)	DO ANY SQUAT VARIATION FOR THE SPECIFIED NUMBER OF REPS (SEE EXERCISE REFERENCE PAGE FOR SQUAT VARIATIONS)	DO ANY SQUAT VARIATION FOR THE SPECIFIED NUMBER OF REPS (SEE EXERCISE REFERENCE PAGE FOR SQUAT VARIATIONS)	LOW IMPACT EXERCISES USED TO BRING BLOOD FLOW TO MUSCLES TO AID IN RECOVERY.
4  PREPARE YOUR BODY FOR WEEK 1	5  5 TOTAL SQUATS	6  10 TOTAL SQUATS	7  15 TOTAL SQUATS	8  20 TOTAL SQUATS	9 "ARE WE SORE YET?"  25 TOTAL SQUATS	10 • WALK/BIKE 1-2 MILES  • TIME: _____
11  STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	12  30 TOTAL SQUATS	13  35 TOTAL SQUATS	14  40 TOTAL SQUATS	15  45 TOTAL SQUATS	16  50 TOTAL SQUATS	17 • CAN YOU BEAT LAST WEEK'S TIME  • TIME: _____
18  HALFWAY THERE!	19  55 TOTAL SQUATS	20  60 TOTAL SQUATS	21  65 TOTAL SQUATS	22  70 TOTAL SQUATS	23  75 TOTAL SQUATS	24 • WALK/BIKE 2.5-3 MILES  • TIME: _____
25  FINAL WEEK!	26  80 TOTAL SQUATS	27  85 TOTAL SQUATS	28  90 TOTAL SQUATS	29  95 TOTAL SQUATS	30  100 TOTAL SQUATS	31 • CAN YOU BEAT LAST WEEK'S TIME • TIME: _____

# EXERCISE REFERENCE PAGE: SQUATS



BODY SQUAT



NARROW SQUAT



SUMO SQUAT



WIDE TO NARROW  
SQUAT



CURTSY SQUAT



EAGLE SQUAT



PISTOL SQUAT



HANDS BEHIND  
HEAD SQUAT

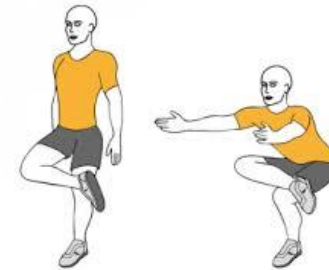


FIGURE 4  
SQUAT



JUMP SQUAT

## EXERCISE REFERENCE PAGE: STRETCHES



HAMSTRING STRETCH



QUADRICEP STRETCH



GLUTE STRETCH



BUTTERFLY STRETCH



SEAL STRETCH



CHILD'S POSE