

# CENTER FOR HEALTH & FITNESS

## "BRING SALLY UP" SQUAT CHALLENGE

While following along to the song "*Bring Sally Up*," members are invited to participate in this challenge to complete a series of squats at either a beginner, intermediate or advanced level. Each day of the month, see how far into the song you can get while performing your squats. Try to get a little further into the song each time.

Please visit [beachcitiesgym.org/challenge](https://beachcitiesgym.org/challenge) for examples of how to complete this squat challenge at varying levels. Please make sure to do what feels most comfortable with your body.

### Beginner Level

Participants will engage in a wall squat. Participants can modify their movement range or use a chair to assist.

### Intermediate Level

Participants will engage in a series of regular squats. Modifications can be implemented by using a chair or an exercise ball.

### Expert Level

Participants will engage in a series of regular squats while using a pair of dumbbells (weight of their choice) for an overhead press. Modifications can be implemented.

