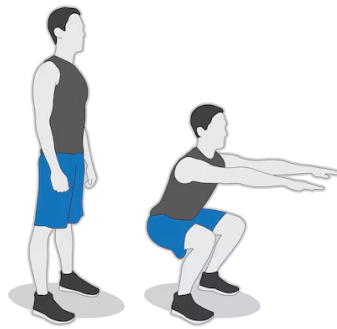


September 2025 Squat Challenge

Regular Squat or Wide Squat - please remember to use correct form when doing your squats.



Center for
Health & Fitness
A Public Agency
A Beach Cities Health District Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 squats	2 11 squats	3 12 squats	4 13 squats	5 14 squats	6 15 squats
7 REST 	8 16 squats	9 17 squats	10 18 squats	11 19 squats	12 20 squats	13 21 squats
14 REST 	15 22 squats	16 23 squats	17 24 squats	18 25 squats	19 26 squats	20 27 squats
21 REST 	22 28 squats	23 29 squats	24 30 squats	25 31 squats	26 32 squats	27 33 squats
28 REST 	29 34 squats	30 35 squats				

Visit www.beachcitiesgym.com/challenge for more information on these exercises.