



SQUAT TRAINING PLAN

DAY 1 Squats x30 reps ○ 01	DAY 2 Squats x35 reps ○ 02	DAY 3 Squats x40 reps ○ 03	DAY 4 REST ○ 04	DAY 5 Squats x45 reps ○ 05	DAY 6 Squats x50 reps ○ 06	DAY 7 Squats x55 reps ○ 07	DAY 8 REST ○ 08	DAY 9 Squats x60 reps ○ 09	DAY 10 Squats x65 reps ○ 10
DAY 11 Squats x70 reps ○ 11	DAY 12 REST ○ 12	DAY 13 Squats x75 reps ○ 13	DAY 14 Squats x80 reps ○ 14	DAY 15 Squats x85 reps ○ 15	DAY 16 REST ○ 16	DAY 17 Squats x90 reps ○ 17	DAY 18 Squats x95 reps ○ 18	DAY 19 Squats x100 reps ○ 19	DAY 20 REST ○ 20
DAY 21 Squats x105 reps ○ 21	DAY 22 Squats x110 reps ○ 22	DAY 23 Squats x115 reps ○ 23	DAY 24 REST ○ 24	DAY 25 Squats x120 reps ○ 25	DAY 26 Squat 125 reps ○ 26	DAY 27 Squats x130 reps ○ 27	DAY 28 REST ○ 28	DAY 29 Squats x135 reps ○ 29	DAY 30 Squats x140 reps ○ 30

HOW TO DO THE PERFECT SQUAT

- 01** Stand with your feet a hip-width apart and your arms by your sides.
- 02** Extend your arms in front of you so that they are parallel to the ground with your palms facing down.
- 03** Keep your back as straight as possible during the course of the exercise, as a rounded back will cause unnecessary stress on the lower back.
- 04** Begin the exercise by slowly retracting your hips as you bend your knees and lower your trunk towards the ground.
- 05** As your behind begins to stick out, ensure your shoulders, chest, and back are upright, with your head facing forward. This will allow your spine to remain neutral.
- 06** Lower yourself as low as your body will allow in order to achieve the full effect of the exercise. The optimal squat depth is when your hips are below your knees.
- 07** Once you reach your optimum squat depth exhale whilst pushing up through your heels and return to your starting position.