



## Get Low Challenge (Beginner)

The goal is to complete the specified number of squats and lunges each day. You can do these all at once or spread them out throughout the day. You can also use weights to make it more challenging.

See the [provided handout on how to properly perform a squat and lunge](#). The handout also includes modified versions of each exercise. **Be sure to choose the best modification that meets YOUR current fitness level.**

Keep each other motivated. Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<input type="checkbox"/> 6 Squats 6 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 8 Squats 8 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 10 Squats 10 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 12 Squats 12 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 14 Squats 14 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 16 Squats 16 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 18 Squats 18 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 20 Squats 20 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 22 Squats 22 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 24 Squats 24 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 26 Squats 26 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 28 Squats 28 Lunges	<input type="checkbox"/> Rest

Name: \_\_\_\_\_ Department/Agency: \_\_\_\_\_

*\*Consult with your physician before beginning an exercise program.*