



## Get Low Challenge (Intermediate)

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](#). **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"/> 5 Squats 5 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 10 Squats 10 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 15 Squats 15 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 15 Squats 15 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 20 Squats 20 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 25 Squats 25 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 25 Squats 25 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 30 Squats 30 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 35 Squats 35 Lunges	<input type="checkbox"/> Rest
<input type="checkbox"/> Rest	<input type="checkbox"/> 35 Squats 35 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 40 Squats 40 Lunges	<input type="checkbox"/> Rest	<input type="checkbox"/> 50 Squats 50 Lunges	<input type="checkbox"/> Rest

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

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