



DROP IT LIKE A SQUAT

NOV 1-30 2024

The squat is a natural resting position that we should be able to access with ease. Our lack of squat mobility has nothing to do with our size, our age or our injuries. It's that we stopped doing what we were created to do ... **MOVE**. This challenge is about personal growth.

Commit to resting in a squatting position for 1 minute on Nov 1st. Add a minute each day. Your squatting total will correlate with the day of the month.

Nov 1: accumulate 1 minute in a squatting position

Nov 23: accumulate 23 minutes in a squatting position

Your time spent in the squat may be broken up into as many sets as needed over the day.

Please consult bfdhealthandladders.com/challenges for examples of a healthy squat and modifications for participants with mobility challenges.

Disclaimer: This challenge is NOT appropriate for anyone rehabbing a knee or lower back injury. Please be smart.