

September 2019

Complete the number of squats and/or lunges for each day in September. If you miss a day, it can be done on a rest day or in conjunction with another day.

Please complete this calendar and turned in to Mandi Artino by **October 11, 2019.**

Name _____

Modifications can be made to meet your personal needs on any of the squats or lunges. (i.e. Sit to stand with a chair for squats or less of a knee bend with the lunges.) These can also be broken up throughout the day, as long as your reach the desired number.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 5 Squats 5 Lunges	2 7 Squats 7 Lunges	3 10 Squats 10 Lunges	4 13 Squats 13 Lunges	5 <i>REST</i>	6 15 Squats 15 Lunges	7 17 Squats 17 Lunges
8 <i>REST</i>	9 20 Squats	10 20 Lunges	11 <i>REST</i>	12 25 Squats	13 25 Lunges	14 <i>REST</i>
15 30 Squats	16 30 Lunges	17 <i>REST</i>	18 35 Squats	19 35 Lunges	20 <i>REST</i>	21 40 Squats
22 40 Lunges	23 <i>REST</i>	24 45 Squats	25 45 Lunges	26 <i>REST</i>	27 50 Squats	28 50 Lunges
29 <i>REST</i>	30 50 Squats 50 Lunges					

