

## SQUAT CHALLENGE Basic









 $\mathbf{i}$ 

## SQUAT CHALLENGE Intermediate

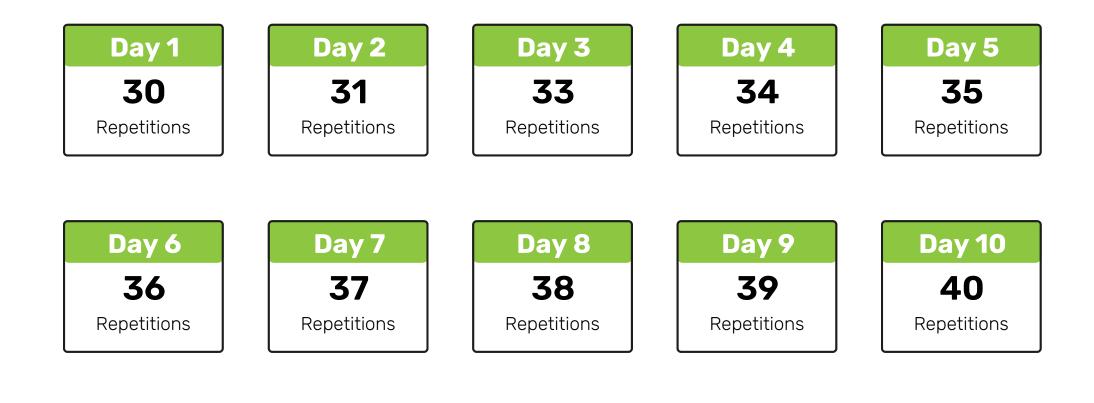








## SQUAT CHALLENGE Experienced









## SQUAT CHALLENGE Expert

