

# 5 TIPS FOR SQUAT CHALLENGE

1. Make squats together with your colleagues, the same time and place every day. Afterwards, you can do more preventative exercises together.
2. During the first 10 repetitions, only go down to 45 degrees,
3. Your muscles may acid and get sore, but take a break if you feel a stinging pain a certain place in a muscle.
4. If you are about to back out of the Squats Challenge, then allocate the number off squats for the hole day.
5. Keep your legs going by standing or walking for about 10 min. after the squats. Then you increase blood flow and add oxygen to the muscles.

## How to make a correct squat



Keep your back and lobe right and tighten your stomach.

Be sure to bring back the hip, as when you sit on a chair.

Stand with the distance of the hip-width between the legs. Hold the knees back to align with the toes.

