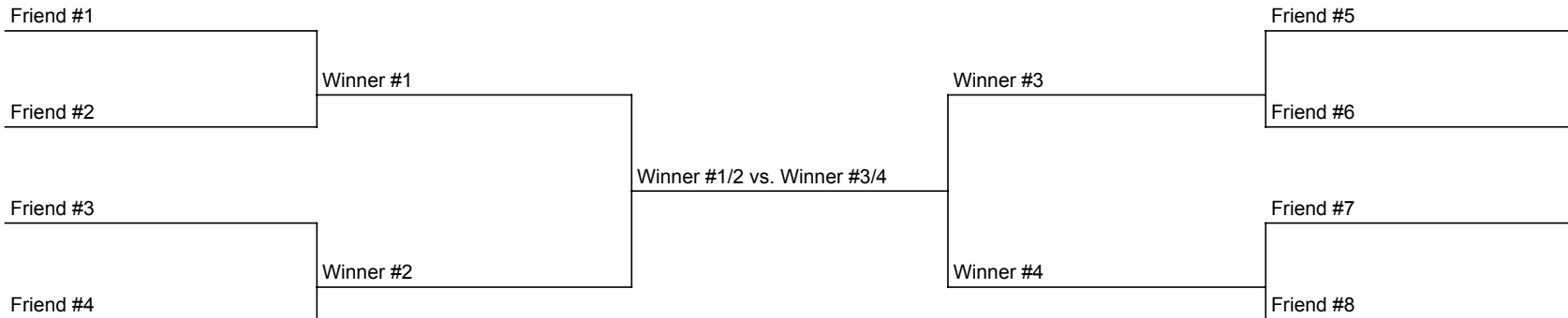




**Day 5 - Squats**



**Challenge**

Pick 3 times each day to complete the challenges.  
 At the end of the week, you will have an overall champion (person with the most wins).  
 Make changes and modifications based on ages and abilities.  
 Change of who is in the bracket or create your own challenges.  
 Visit the Healthy Active Arkansas Facebook page and website for videos.

**#KeepMovingAR**

If completing challenge by yourself, see if you can do 5-10 more squats each day without stopping.

**Instructions**

1. Use a chair behind you for guidance and safety.
2. Be sure feet are slightly in front so that when you sit in the chair, your knees are over your ankles.
3. Keep your eyes forward and your chest slightly up.
4. As you squat back, be sure you push buttocks back toward chair.
5. When you barely feel the chair under you, come back up.
6. Be sure inhale as you sit down and exhale as you come back up.

Follow this link for a video demonstration: <https://youtu.be/gmsrQo1SeTk>