



Increase the Depth of Your Squat

Why Participate?

A fundamental life movement is having the ability to squat. Squatting involves lowering your hips towards the ground. Squatting efficiently helps your overall ground to stand profile, and helps strengthen your lumbo-pelvic-hip region. An example is controlling your ability to sit in a chair and get up without assistance. Your capacity to squat efficiently is predicated on the depth of your squat. The squat involves having adequate flexibility and mobility in your feet, knees and hips and having the strength in the upper legs and hip regions.

What Does the Challenge Entail?

The challenge is for anyone who wants to improve the depth of their squat and also wants to build the amount they can do.

The challenge lasts four weeks in duration, and involves 5-10 minutes of activity daily. The challenge will include a movement preparation component emphasizing mobility and stability for the foot/ankle regions and fundamental squatting movements. The challenge builds week upon week not only in the depth of your squat, but also how many you can do.

Engage

There is no cost for the challenge and the program will be distributed via our CoachFit App. Simply click "Take The Challenge" on the [webpage](#) to enroll today.

YRewards

In order to earn YRewards points you must click I did it daily within the CoachFit App.



Download on the app store.