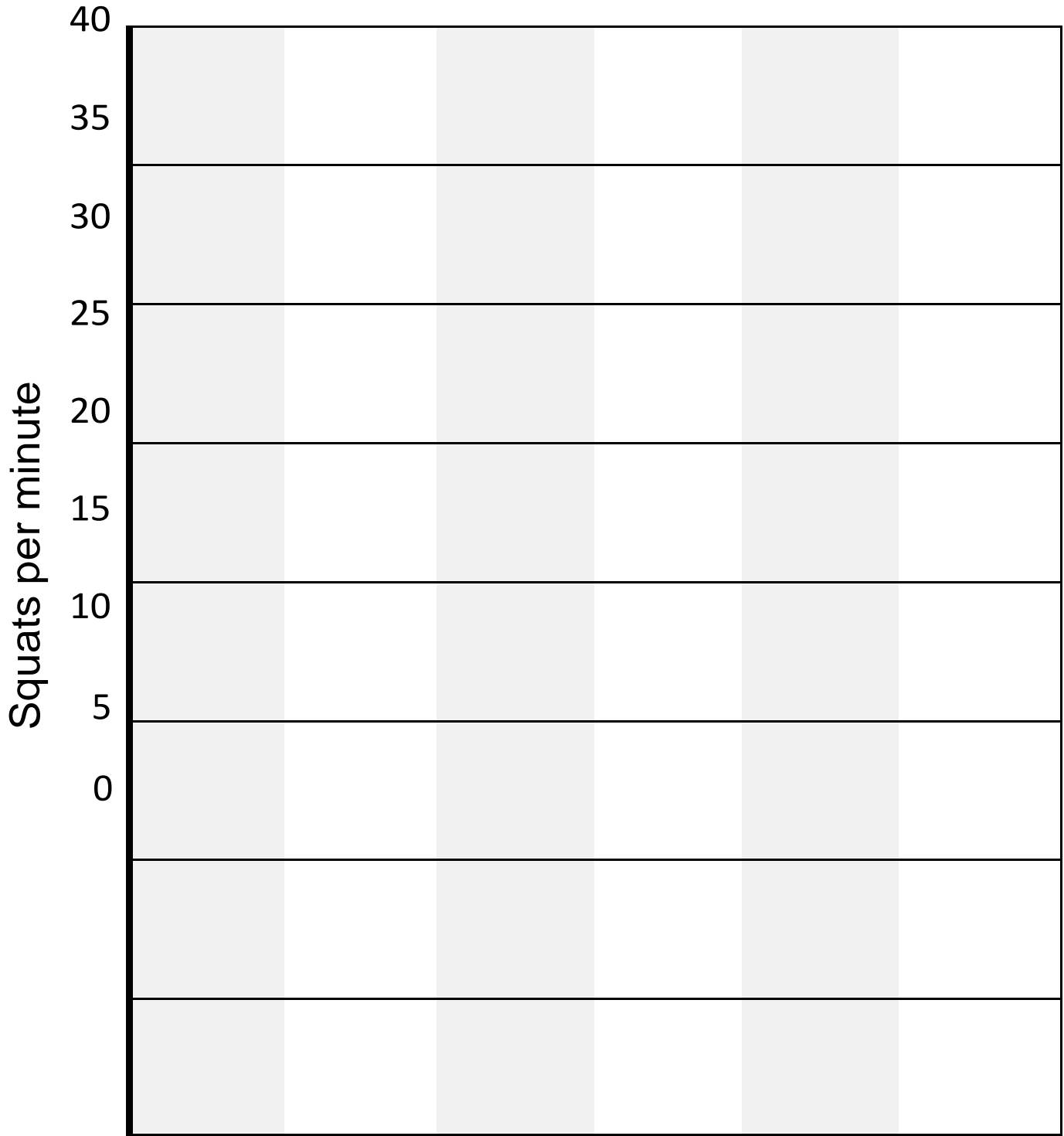




WEEK 5 SQUAT CHALLENGE





1. On what day did you do the most squats in 1 minute?

2. Which muscles in your body felt tired after this exercise? Why do you think this is?

3. What other exercise could you think of that would work on strengthening this muscle group ?

4. Did you results improve throughout the week? Why do you think this is?
