

Top tips

Our handy tips will help you make the most of your challenge.

Whether you break up your squats throughout the day or complete them in one go, it's important to complete them safely.

Don't forget to stretch

Stretching before and after your squats is always a good idea to prevent pulling a muscle.

Drink water

Being a squatting superstar is thirsty work! Stay hydrated by drinking before and after your squats.

Pace yourself

Why not do some practice squats ahead of your challenge start date so you're ready to kick off the challenge in February?

Wear the correct gear

Make sure you have correct fitting trainers, comfortable clothing and an even surface so you can maintain good form.

Get enough sleep

Being more active day-to-day can help improve the quality of your sleep. Make sure you give your body the rest it needs.

Fuel your body

Make sure you're eating well across the month with healthy, protein-rich meals to keep you energised.

Plug in

Listen to your favourite podcast or playlist while you're getting in your squats to keep you motivated.

Squat safely

1. Send your hips back
2. Bend your knees to lower down while keeping your chest high
3. Avoid any arching
4. Once lowered, press through your heels to get back to standing position
5. Keep tight and engaged throughout
6. Work to a tempo of 3 seconds down, 1 second pause, 1 second up
7. Make sure your ankles and knees have good alignment throughout the whole movement

