



WEEK 8

SQUAT CHALLENGE

This challenge has been set by **Boo** from **Richmond upon Thames** and **Grace** from **Greenwich**
Watch the challenge video on the LYG website from 9am on Monday 15th March [here](#)

Challenge Description:

How many squats can you do in 30 seconds?

Scoring:

You will receive 1 point for each squat you complete.

Adaptations of Challenge:

- To increase the difficulty of the challenge you could try adding a jump at the end of each squat or try to pulse when you lower into your squat.
- Another way to increase the difficulty of the challenge, is to hold a light weight, water bottle or can.
- The challenge can be done outdoors or indoors.

Coaching Tips:

Remember to keep your feet shoulder width apart, with your toes facing forward for balance. Try to keep your body upright and distribute weight evenly between both feet. Keep a steady breathing pattern, inhale as you lower and exhale as you return to standing.

Benefits From Challenge:

This challenge will help improve your mobility, core and leg muscle strength and endurance.

Remember to submit your scores before Friday 19th March at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG