



**BRUIN
P.A.W.S.**

SQUAT PAIN FREE IN 30 DAYS (Level ALL)

Squatting is an everyday movement that is impossible to avoid. Learn to squat pain free in 30 Days. Become an #ActiveBruin! Work out while you work.

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sit to Stand 45 secs Quad Stretch 45 secs per side	Side Lying Clamshells 15 per side Quadruped Rockbacks 45 secs	Hip Bridge 45 secs Glute Stretch 45 secs per side	Seated Banded Hip Abductions 20 Kneeling Hip Flexor 45 secs per side	Sit to Stand 45 secs Calf Stretch 45 secs per side
WEEK 2	Bodyweight Squat 30 secs Quad Stretch 45 secs per side	Side Lying Clamshells 20 per side Quadruped Rockbacks 45 secs	Donkey Kick 30 secs per side Glute Stretch 45 secs per side	Seated Banded Hip Abductions 30 Kneeling Hip Flexor 45 secs per side	Bodyweight Squat 30 secs Calf Stretch 45 secs per side
WEEK 3	Bodyweight Squat 45 secs Couch Stretch 45 secs per side	Monster Walks 10 steps both ways Bottom of Squat Hold 45 secs	Banded Hamstring Curl 30 secs per side Pigeon Pose 45 secs	Side Lying Leg Raises 15 per side Spiderman Lunge 45 secs per side	Bodyweight Squat 45 secs Wall Calf Stretch 45 secs per side
WEEK 4	Goblet Squat 30 secs Couch Stretch 45 secs per side	Monster Walks 15 steps both ways Bottom of Squat Hold 45 secs	RDL 30 secs Pigeon Pose 45 secs	Side Lying Leg Raises 20 per side Spiderman Lunge 45 secs per side	Goblet Squat 30 secs Wall Calf Stretch 45 secs per side

Repetitions per set: Perform as many reps as you can with good form “up to” the target number for that day.

Sets per day: Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day. (Example: 10am, 12pm, 2pm, and 4pm, etc.) Beginners should start with fewer sets.

Missing your Cardio? Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

Low Impact Cardio examples: Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

High Impact Cardio examples: High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are “Free Days”. Go for a walk, mix and match your favorite exercises, or take a REST day.

Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative. Tired muscles while doing exercise or right after exercise are typically normal.

What’s next? Move on to another monthly Bruin PAWS calendar and KEEP MOVING! recreation.ucla.edu/paws