



FEBRUARY 2024 CHALLENGE

"WALL SQUAT"



RULES:

Stand with your head and back against the wall. Position your feet shoulder-width apart. Lower your body into a squat position until your thighs are parallel to the floor, toes pointing forward.

PRIZES:

Threshold is 5min

- 20% off next months' Membership or Package for anyone that meets threshold.

(Excludes One-on-One Membership/Packages)

- 30% off next months' Membership or Package for longest Wall Squat

Test out by February 29th 2024!

Practice during each class you take at FitPoint for a month, test out any day you want by February 29th, 2024!

GOOD LUCK!