

KRIGER TRAINING – 15-Min Squat Challenge (March Edition)

Our March Challenge for Kriger Box programming is very simple and effective. But while it is simple it is not easy. The challenge is to collect 15 min in a squat position every day.

This is a challenge we have done with athletes in different forms for the last 10 years and we are also surprised over the big benefits in mobility it gives.

How It Works

Accumulate 15 minutes per day – Split it up however you need. 15 min in one sit, 3 sets of 5 min, 1 minute at a time? Everything is ok

Use a timer – Start the clock when you squat, pause it when you stand up.

Do not care about form, just collect minutes in a squat

👉 **Beginner's approach:** Start with **5 minutes per day** if this is really tough for you and slowly try to increase the minutes

Why We're Doing This

Better squat mechanics – Less ankle restriction, better depth, stronger positions.

Improved posture & stability – This carries over directly to cleans, snatches, wall balls—everything.

Scaling Options

If holding the position feels impossible right now—good. That means you need this. **Here's how to adjust:**

- 1, **Hold onto something** – A rig, a doorframe, or a weight for balance.
 - 2, **Elevate your heels** – Place a plate under them if ankle mobility is an issue.
 - 3, **Break it up** – 15 minutes straight is **not** required. Start with just a few seconds and **increase over the month.**
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The Goal

By the end of March, this **should feel easier**. Your squat should feel **stronger, deeper, and more stable**. Take a video on **Day 1 and Day 31**—you'll see the difference in positions and you should also have an easier time to sit in the squat.

Also consider taking a video of your Overhead Squat, Wall Ball and other movements you want to improve on