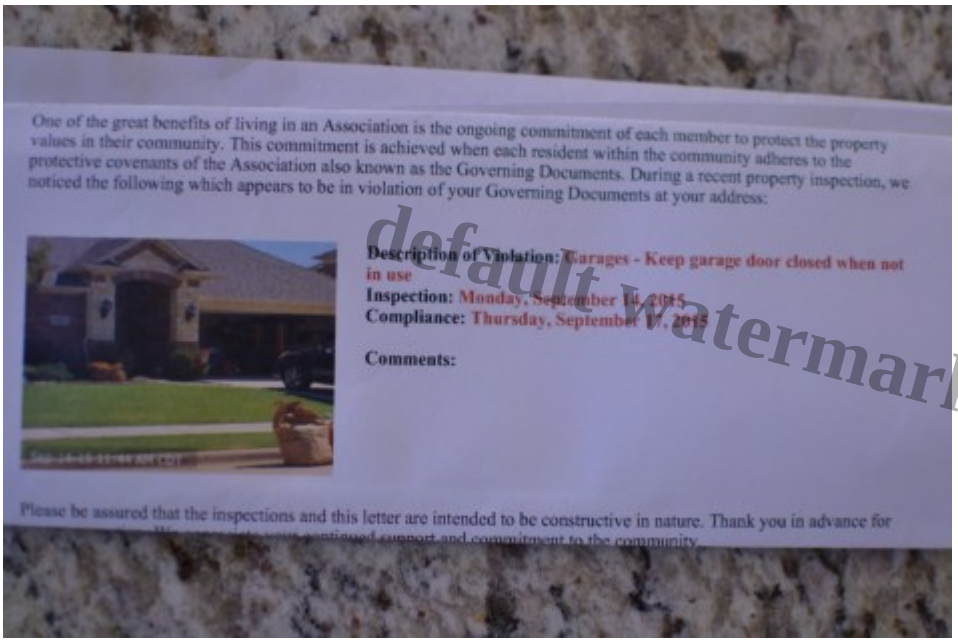
Squat Every Day Routine + An Open Garage Door Violation

Description

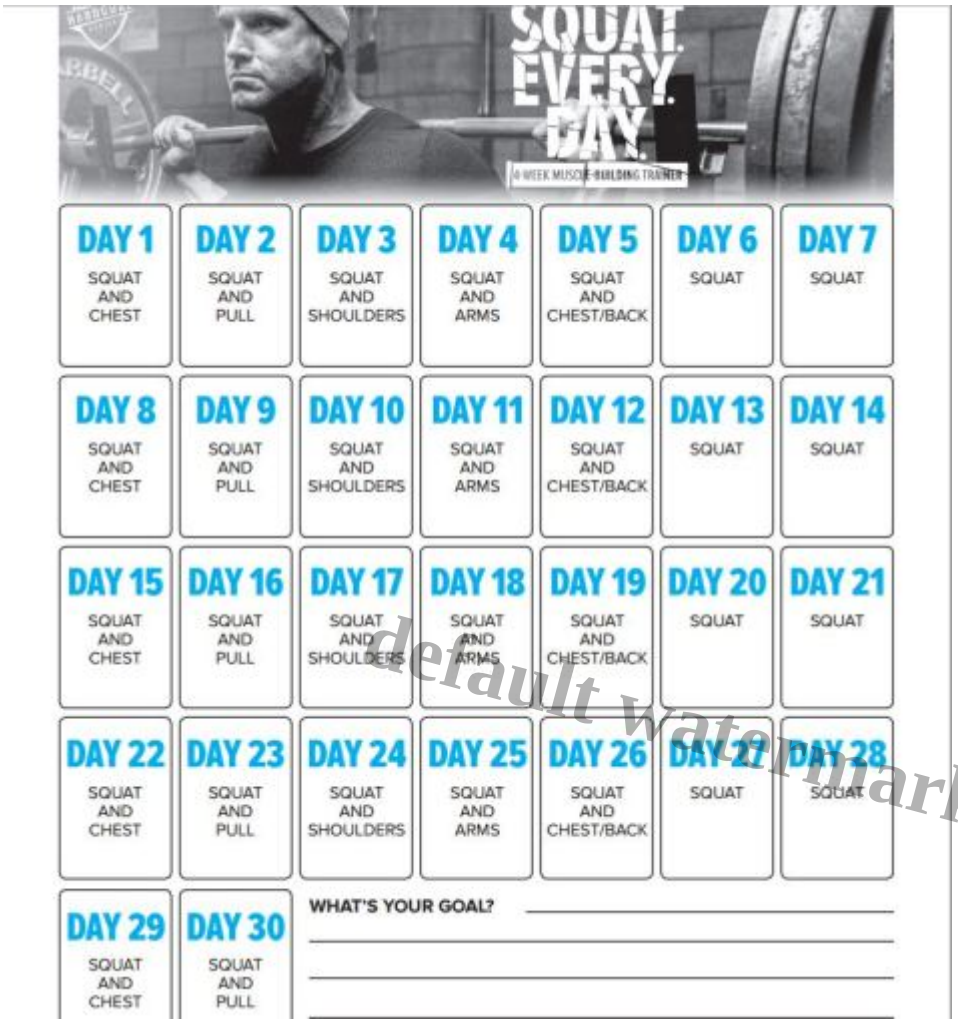
Both sound crazy, right? Who could/would squat every day, and whatâ€™s with getting a violation for having your garage door open?! Well, both are current happenings in the Going household, but only one is actually crazy.



Yeah, the violation for a freakin open garage door! Our neighborhood Facebook page was filled with comments from so many of our neighbors all fired up from receiving the same waste-of-ink-and-paper violation. One neighbor mentioned how she was just going in and out putting up groceries when they took a picture of her open garage door â€œviolationâ€•.

Seriously, are we paying dues to our HOA to have someone go around and take pictures of our homes and then send them to us in the mail saying an open garage door is wrong? All I know is that I will continue to have our garage door open as I please. The neighborhood is currently plotting how weâ€™ll send our own violation notices to these people for things that actually pose a concern and detract from our neighborly appeal. Iâ€™ll let you know more as the plot thickens.

Whatâ€™s even more irritating is that Avery and I actually were using the garage then. In fact, with the current strength routine Iâ€™m following, Cory Gregoryâ€™s Squat Every Day, Iâ€™ll be using it *gasp* *every day*. So, to our ever so protective HOA, hereâ€™s a calendar for you to see I will, in fact, be using my garage EVERY. DAY.



The day they took the picture, Monday, September 14th, was my first official starting day. If the photographer stuck around a little longer, they wouldâ€™ve seen a Daddy-Daughter Duo rocking our squats.

Sheâ€™s moving up from her body weight squat days and using a ~~wooden rod~~ Olympic barbell now. I had to correct her form a little and let her know to keep a serious face when â€œgoing heavyâ€•. She

did better on the next setâ€¦

Just to be clear, I wasnâ€™t actually making her do squats. Like all kids, they absorb everything their parents do and she has taken to many forms of exercise to mimic Mommy and Daddy. Another good one is overhead press.

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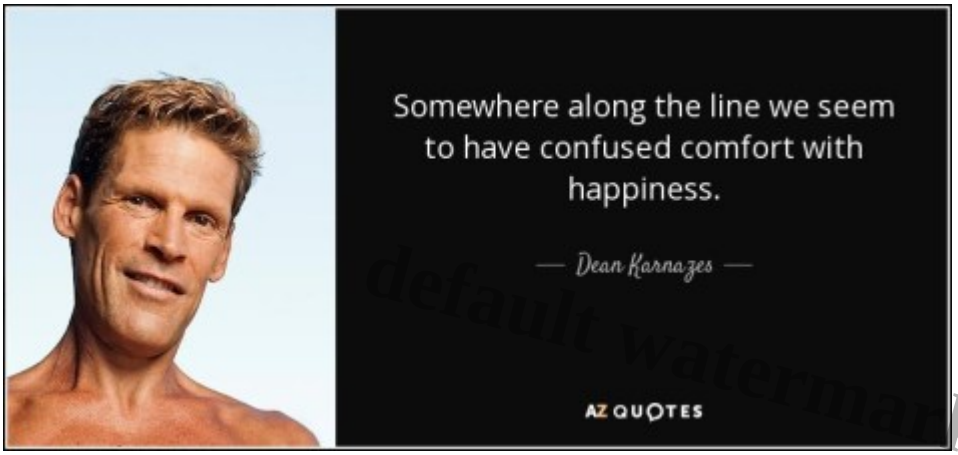
Watch out, boys, this girl can hold her own! So, to all parents, let your kids see you being active and healthy, including cooking in the kitchen, and chances are, theyâ€™ll want to do the same. Free tip

oâ€™ the day there.

Back to the Squat Every Day program, Iâ€™m loving it. I am one of those guys who *has* to do something active every day or I get irritable. Itâ€™s like a drug; one that only I can prescribe and follow. Only a week in, but I know Iâ€™m â€œaddictedâ€•.

This doesnâ€™t mean itâ€™s easy, squatting with a heavy barbell every day takes a lot of mental and physical fortitude, but thatâ€™s why itâ€™s great. One of my favorite athletes, Dean Karnazes, has an excellent quote that I completely abide by.



Whoâ€™s guilty of doing this? I was years ago, but now I get out of my comfort zone on a daily basis which, ultimately, keeps me happier. Of course, this mentality is why I am still dealing with a stress fracture in my foot, but refuse to let it get me down.

Yes, I realize there is such thing as an unhealthy addiction to healthy things like exercise, and I canâ€™t deny Iâ€™m on the borderline of this diagnosis. Iâ€™ve toned down what I do for exercise, though, and instead of high mileage running, Iâ€™ve found lifting to be better for me all around.

Over the course of my first week on the program, I PRâ€™d on front squat at 210 lbs for one rep (1-RM). I felt good and couldâ€™ve gone for another 5 lbs at least, but figured Iâ€™d save it for the next week. My current back squat 1-RM is 280 lbs and Iâ€™m hoping to surpass that next week too. As a 160 lb 5â€™10 male, Iâ€™m happy with these numbers, but want more, and so far squatting every day seems like it might get me there.

Next weekend I will be going to the 20th Annual At-Home Dads Convention in Raleigh, NC and am getting pumped about meeting other dad of my kind and obtaining vast amounts of knowledge about being a father/husband from the more experienced dads/husbands out there. Not that I think Iâ€™m doing a bad job already. Right, Kelley and Avery? They seem happy enoughâ€¦.

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Well, at least Going Mom does, Avery is too concerned about the outside all day every day (ha, like squatting!).

Iâ€™m excited about the trip for the convention, but canâ€™t allow to put off my squatting every day, so hopefully the â€œfree weightsâ€• our hotel has includes a squat rack. Otherwise, Iâ€™ll be on the lookout for a local gym. Anyone know of one? I will not miss a day!

More on the convention as it gets closer or just when I get back and have stories (all good of course) to tell. For now, weâ€™re continuing our backyard landscaping project along with, you guessed it, squatting this weekend. Oh, and cue Beavis & Butthead singing *Breaking the Law,* because look what weâ€™re doingâ€¦

Do you have any ridiculous HOA or other violations to share? Did you â€œcomplyâ€• or continue to â€œbreak codeâ€•?

Ever hear of the Squat Every Day Program? Would you try or have you already?

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