

30-DAY SQUAT

— CHALLENGE —

DAY 1 50 Squats	DAY 2 55 Squats	DAY 3 60 Squats	DAY 4 Rest	DAY 5 70 Squats	DAY 6 75 Squats
DAY 7 80 Squats	DAY 8 Rest	DAY 9 100 Squats	DAY 10 105 Squats	DAY 11 110 Squats	DAY 12 Rest
DAY 13 130 Squats	DAY 14 135 Squats	DAY 15 140 Squats	DAY 16 Rest	DAY 17 150 Squats	DAY 18 155 Squats
DAY 19 160 Squats	DAY 20 Rest	DAY 21 180 Squats	DAY 22 185 Squats	DAY 23 190 Squats	DAY 24 Rest
DAY 25 220 Squats	DAY 26 225 Squats	DAY 27 230 Squats	DAY 28 Rest	DAY 29 240 Squats	DAY 30 250 Squats