

30 DAY

Squat Challenge

Day 1 20 squats	Day 2 25 squats	Day 3 25 squats	Day 4 REST	Day 5 30 squats
Day 6 35 squats	Day 7 35 squats	Day 8 REST	Day 9 40 squats	Day 10 45 squats
Day 11 50 squats	Day 12 REST (or 10 squats)	Day 13 55 squats	Day 14 55 squats	Day 15 60 squats
Day 16 REST (or 10 squats)	Day 17 65 squats	Day 18 70 squats	Day 19 70 squats	Day 20 REST (or 15 squats)
Day 21 75 squats	Day 22 80 squats	Day 23 80 squats	Day 24 REST (or 15 squats)	Day 25 85 squats
Day 26 90 squats	Day 27 90 squats	Day 28 REST (or 20 squats)	Day 29 95 squats	Day 30 100 squats