30 Day Squat Challenge

Tone up your leg and butt muscle for the summer by taking this 30 day squat challenge. Save a copy of this checklist so you can repeat it each year.



- ◯ **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

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