

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

Learn more:

<https://30dayfitnesschallenge.co.uk/30-day-squat-challenge/>

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