

30 - DAY SQUAT CHALLENGE



☐ DAY 1 - 50 Squats

☐ DAY 3 - 60 Squats

☐ DAY 5 - 70 Squats

☐ DAY 7 - 80 Squats

☐ DAY 9 - 100 Squats

☐ DAY 11 - 110 Squats

☐ DAY 13 - 130 Squats

☐ DAY 15 - 140 Squats

☐ DAY 17 - 150 Squats

☐ DAY 19 - 160 Squats

☐ DAY 21 - 180 Squats

☐ DAY 23 - 190 Squats

☐ DAY 25 - 220 Squats

☐ DAY 27 - 230 Squats

☐ DAY 29 - 240 Squats

☐ DAY 2 - 55 Squats

☐ DAY 4 - REST DAY

☐ DAY 6 - 75 Squats

☐ DAY 8 - REST DAY

☐ DAY 10 - 105 Squats

☐ DAY 12 - REST DAY

☐ DAY 14 - 135 Squats

☐ DAY 16 - REST DAY

☐ DAY 18 - 155 Squats

☐ DAY 20 - REST DAY

☐ DAY 22 - 185 Squats

☐ DAY 24 - REST DAY

☐ DAY 26 - 225 Squats

☐ DAY 28 - REST DAY

☐ DAY 30 - 250 Squats