30 - DAY SQUAT CHALLENGE



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

Make and Share Free Checklists
checkli.com