



The Modified 30 Day Squat Challenge Beginner Level

Created by the Frugal Exerciser <http://thefrugalexerciser.blogspot.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 25 Squats	2 15 sec plank 3 times/day	3 30 Squats	4 15 sec plank 3 times/day	5 35 Squats	6 15 sec plank 3 times/day	7 Rest
8 40 Squats	9 20 sec plank 3 times/day	10 45 Squats	11 20 sec plank 3 times/day	12 50 Squats	13 20 sec plank 3 times/day	14 Rest
15 55 Squats	16 25 sec plank 3 times/day	17 60 Squats	18 25 sec plank 3 times/day	19 65 Squats	20 25 sec plank 3 times/day	21 Rest
22 70 Squats	23 30 sec plank 3 times/day	24 75 Squats	25 30 sec plank 3 times/day	26 80 Squats	27 30 sec plank 3 times/day	28 Rest
29 85 Squats	30 35 sec plank 3 times / day				*Warm up before doing this program	*Do cool down stretches to end the routine