

LIVESTRONGSM.COM

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

NOTE: Depending on your fitness level, you can break these into smaller sets.