

30 DAY SQUAT CHALLENGE

DAY 1 5 squats - repeat 3 times - total: 15
DAY 2 7 squats - repeat 3 times - total: 21
DAY 3 9 squats - repeat 3 times - total: 37
DAY 4 11 squats - repeat 3 times - total: 33
DAY 5 Rest day!

DAY 6 13 squats - repeat 3 times - total: 39
DAY 7 15 squats - repeat 3 times - total: 45
DAY 8 17 squats - repeat 3 times - total: 51
DAY 9 19 squats - repeat 3 times - total: 57
DAY 10 Rest day!

DAY 11 21 squats - repeat 3 times - total: 63
DAY 12 23 squats - repeat 3 times - total: 69
DAY 13 25 squats - repeat 3 times - total: 75
DAY 14 27 squats - repeat 3 times - total: 81
DAY 15 Rest day!

DAY 16 29 squats - repeat 3 times - total: 87
DAY 17 31 squats - repeat 3 times - total: 93
DAY 18 33 squats - repeat 3 times - total: 99
DAY 19 35 squats - repeat 3 times - total: 105
DAY 20 Rest day!

DAY 21 37 squats - repeat 3 times - total: 111
DAY 22 39 squats - repeat 3 times - total: 117
DAY 23 41 squats - repeat 3 times - total: 123
DAY 24 43 squats - repeat 3 times - total: 129
DAY 25 Rest day!

DAY 26 45 squats - repeat 3 times - total: 135
DAY 27 47 squats - repeat 3 times - total: 141
DAY 28 49 squats - repeat 3 times - total: 147
DAY 29 51 squats - repeat 3 times - total: 153
DAY 30 YOU DID IT!