

# 30 DAY

## Squat Challenge

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|                                         |                                         |                                         |                                         |                                         |
|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| Day 1<br><b>20<br/>squats</b>           | Day 2<br><b>25<br/>squats</b>           | Day 3<br><b>25<br/>squats</b>           | Day 4<br><b>REST</b>                    | Day 5<br><b>30<br/>squats</b>           |
| Day 6<br><b>35<br/>squats</b>           | Day 7<br><b>35<br/>squats</b>           | Day 8<br><b>REST</b>                    | Day 9<br><b>40<br/>squats</b>           | Day 10<br><b>45<br/>squats</b>          |
| Day 11<br><b>50<br/>squats</b>          | Day 12<br><b>REST</b><br>(or 10 squats) | Day 13<br><b>55<br/>squats</b>          | Day 14<br><b>55<br/>squats</b>          | Day 15<br><b>60<br/>squats</b>          |
| Day 16<br><b>REST</b><br>(or 10 squats) | Day 17<br><b>65<br/>squats</b>          | Day 18<br><b>70<br/>squats</b>          | Day 19<br><b>70<br/>squats</b>          | Day 20<br><b>REST</b><br>(or 15 squats) |
| Day 21<br><b>75<br/>squats</b>          | Day 22<br><b>80<br/>squats</b>          | Day 23<br><b>80<br/>squats</b>          | Day 24<br><b>REST</b><br>(or 15 squats) | Day 25<br><b>85<br/>squats</b>          |
| Day 26<br><b>90<br/>squats</b>          | Day 27<br><b>90<br/>squats</b>          | Day 28<br><b>REST</b><br>(or 20 squats) | Day 29<br><b>95<br/>squats</b>          | Day 30<br><b>100<br/>squats</b>         |