

COALITIONSKIN

## 30 DAY

# SQUAT CHALLENGE

DAY 1	50 squats	DAY 16	REST
DAY 2	55 squats	DAY 17	150 squats
DAY 3	60 squats	DAY 18	155 squats
DAY 4	REST	DAY 19	160 squats
DAY 5	70 squats	DAY 20	REST
DAY 6	75 squats	DAY 21	180 squats
DAY 7	80 squats	DAY 22	185 squats
DAY 8	REST	DAY 23	190 squats
DAY 9	100 squats	DAY 24	REST
DAY 10	105 squats	DAY 25	200 squats
DAY 11	110 squats	DAY 26	210 squats
DAY 12	REST	DAY 27	220 squats
DAY 13	130 squats	DAY 28	REST
DAY 14	135 squats	DAY 29	230 squats
DAY 15	140 squats	DAY 30	240 squats

BONUS! DAY 31: 250 squats