



# 30 DAYS SQUAT CHALLENGE

| DAYS   | SQUATS          | DAYS   | SQUATS          | DAYS   | SQUATS          |
|--------|-----------------|--------|-----------------|--------|-----------------|
| Day 1  | 30              | Day 11 | 120             | Day 21 | 145             |
| Day 2  | 50              | Day 12 | 40              | Day 22 | 80              |
| Day 3  | 75              | Day 13 | 75              | Day 23 | 40              |
| Day 4  | 60              | Day 14 | 50              | Day 24 | 100             |
| Day 5  | <b>REST DAY</b> | Day 15 | <b>REST DAY</b> | Day 25 | <b>REST DAY</b> |
| Day 6  | 60              | Day 16 | 125             | Day 26 | 75              |
| Day 7  | 90              | Day 17 | 50              | Day 27 | 50              |
| Day 8  | 50              | Day 18 | 125             | Day 28 | 150             |
| Day 9  | 45              | Day 19 | 50              | Day 29 | <b>REST DAY</b> |
| Day 10 | <b>REST DAY</b> | Day 20 | <b>REST DAY</b> | Day 30 | 95              |