

30 day

Squat

Challenge

20 SQUATS	25 SQUATS	30 SQUATS	35 SQUATS	REST DAY	40 SQUATS	45 SQUATS
50 SQUATS	55 SQUATS	REST DAY	60 SQUATS	65 SQUATS	70 SQUATS	75 SQUATS
REST DAY	80 SQUATS	85 SQUATS	90 SQUATS	95 SQUATS	REST DAY	100 SQUATS
105 SQUATS	110 SQUATS	115 SQUATS	REST DAY	120 SQUATS	125 SQUATS	130 SQUATS
135 SQUATS	140 SQUATS	Take Necessary Breaks, Divide them into increments throughout the day. Keep Going! You got this!				



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