

30 DAY SQUAT CHALLENGE

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DAY 1	10 SQUATS	DAY 16	70 SQUATS
DAY 2	15 SQUATS	DAY 17	75 SQUATS
DAY 3	20 SQUATS	DAY 18	80 SQUATS
DAY 4	25 SQUATS	DAY 19	85 SQUATS
DAY 5	REST	DAY 20	REST
DAY 6	30 SQUATS	DAY 21	90 SQUATS
DAY 7	35 SQUATS	DAY 22	95 SQUATS
DAY 8	40 SQUATS	DAY 23	100 SQUATS
DAY 9	45 SQUATS	DAY 24	105 SQUATS
DAY 10	REST	DAY 25	REST
DAY 11	50 SQUATS	DAY 26	110 SQUATS
DAY 12	55 SQUATS	DAY 27	115 SQUATS
DAY 13	60 SQUATS	DAY 28	120 SQUATS
DAY 14	65 SQUATS	DAY 29	125 SQUATS
DAY 15	REST	DAY 30	130 SQUATS