

JANUARY: SQUAT CHALLENGE

30 Day Challenge to get that Nice Hiny

<http://beautyandbariatrics.wordpress.com/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 25 squats 15 second hold	2 30 squats 15 second hold	3 35 squats 15 second hold	4 Rest Day
5 45 squats 20 second hold	6 50 squats 20 second hold	7 55 squats 20 second hold	8 Rest Day	9 65 squats 20 second hold	10 70 squats 20 second hold	11 75 squats 20 second hold
12 Rest Day	13 85 squats 25 second hold	14 90 squats 25 second hold	15 95 squats 25 second hold	16 Rest Day	17 100 squats 25 second hold	18 105 squats 25 second hold
19 110 squats 25 second hold	20 115 squats 25 second hold	21 Rest Day	22 120 squats 30 second hold	23 125 squats 30 second hold	24 130 squats 30 second hold	25 135 squats 30 second hold
26 Rest Day	27 145 squats 30 second hold	28 150 squats 30 second hold	29 155 squats 30 second hold	30 Rest Day	31 165 squats 30 second hold	