

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 8	100 Squats		Day 24	Rest
Day 10	105 Squats		Day 25	220 Squats
Day 11	110 Squats		Day 26	225 Squats
Day 12	Rest		Day 27	230 Squats
Day 13	130 Squats		Day 28	Rest
Day 14	135 Squats		Day 29	240 Squats
Day 15	140 Squats		Day 30	250 Squats