

30-DAY 100 SQUAT CHALLENGE

Day 1 – *20 squats*

Day 2 – *25 squats*

Day 3 – *25 squats*

Day 4 – REST

Day 5 – *30 squats*

Day 6 – *35 squats*

Day 7 – *35 squats*

Day 8 – REST

Day 9 – *40 squats*

Day 10 – *45 squats*

Day 11 – *50 squats*

Day 12 – REST

(or 10 squats)

Day 13 – *55 squats*

Day 14 – *55 squats*

Day 15 – *60 squats*

Day 16 – REST

(or 10 squats)

Day 17 – *65 squats*

Day 18 – *70 squats*

Day 19 – *70 squats*

Day 20 – REST

(or 15 squats)

Day 21 – *75 squats*

Day 22 – *80 squats*

Day 23 – *80 squats*

Day 24 – REST

(or 15 squats)

Day 25 – *85 squats*

Day 26 – *90 squats*

Day 27 – *90 squats*

Day 28 – REST

(or 20 squats)

Day 29 – *95 squats*

Day 30 – 100 squats