

SQUAT AND PUSH-UP 31-DAY BOOTCAMP

@shrinkingjeans

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEKS 1 & 2: 2 SETS OF EACH EXERCISE WEEKS 3-5: 3 SETS OF EACH EXERCISE			1	2	3	4
			12 squats 5 pushups	15 squats 5 pushups	18 squats 8 pushups	18 squats 8 pushups
5	6	7	8	9	10	11
rest	20 squats 10 pushups	22 squats 10 pushups	25 squats 13 pushups	25 squats 15 pushups	rest	25 squats 15 pushups
12	13	14	15	16	17	18
18 squats 10 pushups	20 squats 10 pushups	20 squats 12 pushups	rest	22 squats 14 pushups	22 squats 14 pushups	24 squats 15 pushups
19	20	21	22	23	24	25
25 squats 17 pushups	rest	28 squats 17 pushups	30 squats 18 pushups	32 squats 20 pushups	34 squats 20 pushups	rest
26	27	28	29	30	31	
36 squats 22 pushups	40 squats 22 pushups	42 squats 25 pushups	44 squats 25 pushups	rest	50 squats 30 pushups	

find full instructions and videos at: <http://shrinkingjeans.net/2013/12/squat-pushup-bootcamp/>