

30 Day BEGINNING Squat Challenge

Day 1	20
Day 2	25
Day 3	30
Day 4	REST
Day 5	40
Day 6	45
Day 7	50
Day 8	REST
Day 9	60
Day 10	65
Day 11	70
Day 12	REST
Day 13	80
Day 14	85
Day 15	90



Day 16	REST
Day 17	100
Day 18	105
Day 19	110
Day 20	REST
Day 21	115
Day 22	120
Day 23	125
Day 24	REST
Day 25	130
Day 26	135
Day 27	140
Day 28	REST
Day 29	145
Day 30	150