

30 Day Squat Challenge

- Day 1 10 Squats
- Day 2 20 Squats
- Day 3 30 Squats

Day 4 Rest day

- Day 5 40 Squats
- Day 6 50 Squats
- Day 7 60 Squats

Day 8 Rest day

- Day 9 70 Squats
- Day 10 80 Squats
- Day 11 90 Squats

Day 12 Rest day

- Day 13 100 Squats
- Day 14 110 Squats
- Day 15 120 Squats

Day 16 Rest day

- Day 17 130 Squats
- Day 18 140 Squats
- Day 19 150 Squats

Day 20 Rest day

Sets

- Day 21 160 Squats
- Day 22 170 Squats
- Day 23 180 Squats

Day 24 Rest day

- Day 25 190 Squats
- Day 26 200 Squats
- Day 27 210 Squats

Day 28 Rest day

- Day 29 220 Squats
- Day 30 230 Squats