

Squat Challenge

shrinkingjeans.net

Day 1: 30

Day 2: 50

Day 3: 75

Day 4: 60

Day 5: rest

Day 6: 60

Day 7: 90

Day 8: 50

Day 9: 45

Day 10: rest

Day 11: 120

Day 12: 40

Day 13: 75

Day 14: 50

Day 15: rest

Day 16: 80

Day 17: 50

Day 18: 125

Day 19: 50

Day 20: rest

Day 21: 145

Day 22: 80

Day 23: 40

Day 24: 100

Day 25: rest

Day 26: 75

Day 27: 50

Day 28: 150

Day 29: 95

Day 30: rest

Day 31: 175



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