

30 Day Squat Challenge

Beginner

Day 1	20	 A	Day 16	Rest
Day 2	25		Day 17	100
Day 3	30		Day 18	105
Day 4	Rest		Day 19	110
Day 5	40		Day 20	Rest
Day 6	45		Day 21	115
Day 7	50		Day 22	120
Day 8	Rest		Day 23	125
Day 9	60		Day 24	Rest
Day 10	65		Day 25	130
Day 11	70		Day 26	135
Day 12	Rest		Day 27	140
Day 13	80		Day 28	Rest
Day 14	85		Day 29	145
Day 15	90		Day 30	150

