

# SQUAT CIRCUIT

## Challenge!

### 4 WEEKS TO 200 SQUATS

#### THE SQUATS

#### THE PLAN

##### NARROW SQUAT



##### NARROW SQUAT W/ BACK KICK



##### BASIC SQUAT



##### BASIC SQUAT W/ SIDE LEG LIFT



##### SUMO SQUAT



**DAY 1:** 6 reps of each

**DAY 2:** 10 reps of each

**DAY 3:** 6 reps of each, repeat 2x

**DAY 4:** Rest

**DAY 5:** 5 reps of each, repeat 3x

**DAY 6:** 10 reps of each

**DAY 7:** 8 reps of each, repeat 2x

**DAY 8:** Rest

**DAY 9:** 9 reps of each, repeat 2x

**DAY 10:** 6 reps of each, repeat 2x

**DAY 11:** 5 reps of each, repeat 4x

**DAY 12:** Rest

**DAY 13:** 7 reps of each, repeat 3x

**DAY 14:** 6 reps of each, repeat 2x

**DAY 15:** 5 reps of each, repeat 5x

**DAY 16:** Rest

**DAY 17:** 9 reps of each, repeat 3x

**DAY 18:** 5 reps of each, repeat 3x

**DAY 19:** 7 reps of each, repeat 4x

**DAY 20:** Rest

**DAY 21:** 10 reps of each, repeat 3x

**DAY 22:** 8 reps of each, repeat 2x

**DAY 23:** 8 reps of each, repeat 4x

**DAY 24:** Rest

**DAY 25:** 7 reps of each, repeat 5x

**DAY 26:** 6 reps of each, repeat 3x

**DAY 27:** 9 reps of each, repeat 4x

**DAY 28:** Rest

**DAY 29:** 12 reps of each, repeat 3x

**DAY 30:** 10 reps of each, repeat 4x