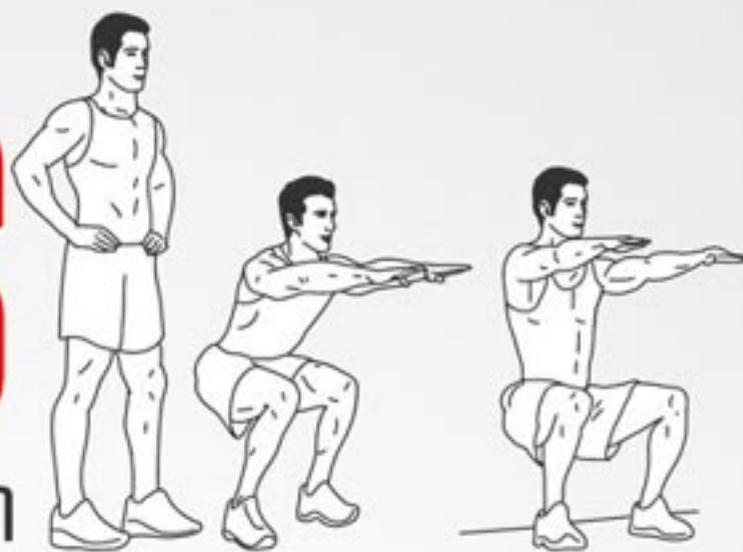


SQUATS

30-day challenge @ darebee.com



Day 1 10 squats 6 squats 6 squats	Day 2 16 squats 10 squats 10 squats	Day 3 18 squats 10 squats 10 squats	Day 4 30sec wall sit	Day 5 20 squats 6 squats 6 squats
Day 6 22 squats 6 squats 6 squats	Day 7 24 squats 10 squats 10 squats	Day 8 40sec wall sit	Day 9 26 squats 10 squats 10 squats	Day 10 28 squats 6 squats 6 squats
Day 11 30 squats 6 squats 6 squats	Day 12 1 min wall sit	Day 13 32 squats 10 squats 10 squats	Day 14 34 squats 10 squats 10 squats	Day 15 36 squats 10 squats 10 squats
Day 16 1min 20sec wall sit	Day 17 38 squats 6 squats 6 squats	Day 18 40 squats 10 squats 10 squats	Day 19 42 squats 10 squats 10 squats	Day 20 1min 40sec wall sit
Day 21 44 squats 6 squats 6 squats	Day 22 46 squats 6 squats 6 squats	Day 23 48 squats 10 squats 10 squats	Day 24 2 min wall sit	Day 25 50 squats 10 squats 10 squats
Day 26 52 squats 6 squats 6 squats	Day 27 54 squats 6 squats 6 squats	Day 28 2 min 20 sec wall sit	Day 29 56 squats 10 squats 10 squats	Day 30 60 squats 20 squats 20 squats