



SQUAT CHALLENGE

DAY 1	10 SQUATS	DAY 16	50 SQUATS
DAY 2	10 SQUATS	DAY 17	55 SQUATS
DAY 3	15 SQUATS	DAY 18	60 SQUATS
DAY 4	15 SQUATS	DAY 19	REST
DAY 5	20 SQUATS	DAY 20	60 SQUATS
DAY 6	20 SQUATS	DAY 21	65 SQUATS
DAY 7	REST	DAY 22	70 SQUATS
DAY 8	20 SQUATS	DAY 23	75 SQUATS
DAY 9	25 SQUATS	DAY 24	80 SQUATS
DAY 10	30 SQUATS	DAY 25	REST
DAY 11	35 SQUATS	DAY 26	80 SQUATS
DAY 12	40 SQUATS	DAY 27	85 SQUATS
DAY 13	REST	DAY 28	90 SQUATS
DAY 14	40 SQUATS	DAY 29	95 SQUATS
DAY 15	45 SQUATS	DAY 30	100 SQUATS