

30 day squat challenge

1 5 squats	2 10 squats	3 rest	4 15 squats	5 15 squats
6 rest	7 20 squats	8 25 squats	9 rest	10 25 squats
11 25 squats	12 rest	13 30 squats	14 30 squats	15 rest
16 30 squats	17 35 squats	18 rest	19 35 squats	20 40 squats
21 rest	22 40 squats	23 45 squats	24 rest	25 45 squats
26 50 squats	27 rest	28 50 squats	29 55 squats	30 60 squats