

30 day squat challenge

1

10
squats

2

15
squats

3

20
squats

4

25
squats

5

rest

6

25
squats

7

30
squats

8

35
squats

9

40
squats

10

rest

11

40
squats

12

45
squats

13

50
squats

14

50
squats

15

rest

16

50
squats

17

55
squats

18

60
squats

19

65
squats

20

rest

21

65
squats

22

70
squats

23

75
squats

24

80
squats

25

rest

26

80
squats

27

85
squats

28

90
squats

29

95
squats

30

100
squats