

30 day squat challenge

1

15
squats

2

20
squats

3

25
squats

4

30
squats

5

35
squats

6

40
squats

7

rest

8

45
squats

9

50
squats

10

55
squats

11

60
squats

12

65
squats

13

70
squats

14

rest

15

75
squats

16

80
squats

17

85
squats

18

90
squats

19

95
squats

20

100
squats

21

rest

22

105
squats

23

110
squats

24

115
squats

25

120
squats

26

125
squats

27

130
squats

28

rest

29

135
squats

30

140
squats