



30 DAYS

SQUAT CHALLENGE

01 30 SQUATS	02 40 SQUATS	03 50 SQUATS	04 60 SQUATS	05 REPOS
06 75 SQUATS	07 80 SQUATS	08 100 SQUATS	09 105 SQUATS	10 REPOS
11 110 SQUATS	12 130 SQUATS	13 135 SQUATS	14 140 SQUATS	15 REPOS
16 150 SQUATS	17 155 SQUATS	18 160 SQUATS	19 165 SQUATS	20 REPOS
21 170 SQUATS	22 175 SQUATS	23 180 SQUATS	24 185 SQUATS	25 REPOS
26 190 SQUATS	27 200 SQUATS	28 REPOS	29 220 SQUATS	30 250 SQUATS