

30-Day Squat Challenge



Day 1	30 Squats	Day 16	Rest Day
Day 2	45 Squats	Day 17	150 Squats
Day 3	50 Squats	Day 18	155 Squats
Day 4	Rest Day	Day 19	160 Squats
Day 5	60 Squats	Day 20	Rest Day
Day 6	65 Squats	Day 21	180 Squats
Day 7	70 Squats	Day 22	185 Squats
Day 8	Rest Day	Day 23	190 Squats
Day 9	90 Squats	Day 24	Rest Day
Day 10	95 Squats	Day 25	210 Squats
Day 11	100 Squats	Day 26	215 Squats
Day 12	Rest Day	Day 27	220 Squats
Day 13	120 Squats	Day 28	Rest Day
Day 14	125 Squats	Day 29	240 Squats
Day 15	130 Squats	Day 30	250 Squats