



30 Day Squat Challenge

Day 1 20 squats	Day 2 25 squats	Day 3 30 squats	Day 4 35 squats	Day 5 40 squats	Day 6 45 squats	Day 7 50 squats
Day 8 55 squats	Day 9 60 squats	Day 10 Rest	Day 11 65 squats	Day 12 70 squats	Day 13 75 squats	Day 14 80 squats
Day 15 85 squats	Day 16 90 squats	Day 17 95 squats	Day 18 100 squats	Day 19 Rest	Day 20 50 squats	Day 21 55 squats
Day 22 60 squats	Day 23 100 squats	Day 24 65 squats	Day 25 70 squats	Day 26 100 squats	Day 27 Rest	Day 28 80 squats
Day 29 85 squats	Day 30 90 squats					