

30-DAY *Squat* CHALLENGE

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|-------------------|---------------|----------------|---|---------------|---------------|---------------|
| | 1 + 5 | 2 + 10 | 3 REST DAY | 4 + 15 | 5 + 20 | 6 + 25 |
| 7 REST DAY | 8 + 25 | 9 + 30 | 10 REST DAY | 11 + 35 | 12 + 40 | 13 + 45 |
| 14 REST DAY | 15 + 45 | 16 + 50 | 17 REST DAY | 18 + 55 | 19 + 60 | 20 + 65 |
| 21 REST DAY | 22 + 65 | 23 + 70 | 24 REST DAY | 25 + 75 | 26 + 80 | 27 + 85 |
| 28 REST DAY | 29 + 90 | 30 + 100 | TAKE YOUR BASELINE NUMBER AND ADD THE DAILY NUMBERS TO IT. example: 50 + 5 or 50 + 75 | | | |