

30 Day Squats Challenge

A simple daily squat challenge that builds up gradually, killer on the legs but worth it.

DAY 1 10 squats ☐	DAY 2 15 squats ☐	DAY 3 20 squats ☐	DAY 4 Rest day ☐	DAY 5 20 squats ☐
DAY 6 25 squats ☐	DAY 7 35 squats ☐	DAY 8 40 squats ☐	DAY 9 45 squats ☐	DAY 10 50 squats ☐
DAY 11 Rest day ☐	DAY 12 50 squats ☐	DAY 13 55 squats ☐	DAY 14 60 squats ☐	DAY 15 65 squats ☐
DAY 16 70 squats ☐	DAY 17 75 squats ☐	DAY 18 Rest day ☐	DAY 19 75 squats ☐	DAY 20 80 squats ☐
DAY 21 85 squats ☐	DAY 22 90 squats ☐	DAY 23 95 squats ☐	DAY 24 100 squats ☐	DAY 25 Rest day ☐
DAY 26 100 squats ☐	DAY 27 110 squats ☐	DAY 28 120 squats ☐	DAY 29 130 squats ☐	DAY 30 140 squats ☐

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges