

30 Day SQUAT Challenge

Day 1: 50 Squats	Day 2: 55 Squats	Day 3: 60 Squats	Day 4: REST DAY!	Day 5: 70 Squats	Day 6: 75 Squats	Day 7: 80 Squats
Day 8: REST DAY!	Day 9: 100 Squats	Day 10: 105 Squats	Day 11: 110 Squats	Day 12: REST DAY!	Day 13: 130 Squats	Day 14: 135 Squats
Day 15: 140 Squats	Day 16: REST DAY!	Day 17: 150 Squats	Day 18: 155 Squats	Day 19: 160 Squats	Day 20: REST DAY!	Day 21: 180 Squats
Day 22: 185 Squats	Day 23: 190 Squats	Day 24: REST DAY!	Day 25: 220 Squats	Day 26: 225 Squats	Day 27: 230 Squats	Day 28: REST DAY!
Day 29: 240 Squats	Day 30: 250 Squats!	WAY TO GO!!! YOU DID IT!!!				