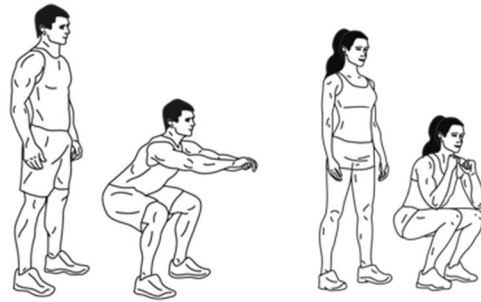


DAILY SQUATS

30-DAY CHALLENGE



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1 5 squats 5-count squat hold 4 sets no rest	2 50 squats in total throughout the day	3 5 squats 5-count squat hold 4 sets no rest	4 50 squats in total throughout the day	5 6 squats 5-count squat hold 4 sets no rest
6 55 squats in total throughout the day	7 6 squats 5-count squat hold 4 sets no rest	8 55 squats in total throughout the day	9 7 squats 5-count squat hold 4 sets no rest	10 60 squats in total throughout the day
11 7 squats 5-count squat hold 4 sets no rest	12 60 squats in total throughout the day	13 8 squats 5-count squat hold 4 sets no rest	14 65 squats in total throughout the day	15 8 squats 5-count squat hold 4 sets no rest
16 65 squats in total throughout the day	17 9 squats 5-count squat hold 4 sets no rest	18 70 squats in total throughout the day	19 9 squats 5-count squat hold 4 sets no rest	20 70 squats in total throughout the day
21 10 squats 5-count squat hold 4 sets no rest	22 75 squats in total throughout the day	23 10 squats 5-count squat hold 4 sets no rest	24 75 squats in total throughout the day	25 11 squats 5-count squat hold 4 sets no rest