30-Day Squat Challenge

From 20 to 100 squats. Cross off each day as you go.

30
DAYS

Start date _____ **Why I am doing this** _____

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

Split the squats into sets if you need to. Go at your own pace and stop if anything hurts.