

SKINNY MUSCLES SQUAT CHALLENGE

DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
50		55		60		REST		65		70		75	
REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
DAY 8		DAY 9		DAY 10		DAY 11		DAY 12		DAY 13		DAY 14	
REST		80		85		90		REST		95		100	
REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
DAY 15		DAY 16		DAY 17		DAY 18		DAY 19		DAY 20		DAY 21	
105		REST		110		115		120		REST		125	
REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
DAY 22		DAY 23		DAY 24		DAY 25		DAY 26		DAY 27		DAY 28	
130		135		REST		140		145		150		REST	
REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
DAY 29		DAY 30		DAY 31		DAY 32		DAY 33		DAY 34		DAY 35	
155		160		165		REST		170		175		180	
REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS

* Don't forget to warm up first. Stand with your feet at shoulder width. Your back should be straight and your head forward. Standing firmly on the ground, start lowering your body until you reach seating position then lift your body to its starting position. Don't lean forward and don't allow your knees to go beyond your toes.