

## 30-Day Squat Challenge

Transform your lower body, tone your legs and butt

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

How To Squat

Stand with your feet hip-width apart. Lower your body until your thighs are perpendicular to the floor. Push through your heels to go back up.



Do all reps for the day in one set. If you have to pause, do at least ten per set.

