

POWER SQUATS

— 30-DAY CHALLENGE —



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1	10 power squats 3 sets 30sec rest	2	5 squats 5-count squat hold 3 sets non-stop	3	10 power squats 3 sets 30sec rest	4	5 squats 5-count squat hold 3 sets non-stop	5	12 power squats 3 sets 30sec rest
6	5 squats 5-count squat hold 3 sets non-stop	7	12 power squats 3 sets 30sec rest	8	5 squats 5-count squat hold 3 sets non-stop	9	14 power squats 3 sets 30sec rest	10	5 squats 5-count squat hold 3 sets non-stop
11	14 power squats 3 sets 30sec rest	12	5 squats 5-count squat hold 3 sets non-stop	13	16 power squats 3 sets 30sec rest	14	5 squats 5-count squat hold 3 sets non-stop	15	16 power squats 3 sets 30sec rest
16	5 squats 5-count squat hold 3 sets non-stop	17	18 power squats 3 sets 30sec rest	18	5 squats 5-count squat hold 3 sets non-stop	19	18 power squats 3 sets 30sec rest	20	5 squats 5-count squat hold 3 sets non-stop
21	20 power squats 3 sets 30sec rest	22	5 squats 5-count squat hold 3 sets non-stop	23	20 power squats 3 sets 30sec rest	24	5 squats 5-count squat hold 3 sets non-stop	25	22 power squats 3 sets 30sec rest
26	5 squats 5-count squat hold 3 sets non-stop	27	22 power squats 3 sets 30sec rest	28	5 squats 5-count squat hold 3 sets non-stop	29	24 power squats 3 sets 30sec rest	30	5 squats 5-count squat hold 3 sets non-stop