

# 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
26	80 squats in total throughout the day	27	11 squats 5-count squat hold 4 sets   no rest	28	80 squats in total throughout the day	29	12 squats 5-count squat hold 4 sets   no rest	30	85 squats in total throughout the day