

THE 30-DAY SQUAT CHALLENGE

Perform the recommended number of air squats each day. Attempt to do 10 squats at a time. As you progress, increase it to 20 squats with breaks in between. Each squat should be slow and controlled as you lower, pushing through your heels as you lift from the squat. Commit to this daily routine to help you keep your body moving and to take a break from your daily tasks!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
10 SQUATS	12 SQUATS	14 SQUATS	16 SQUATS	18 SQUATS
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
20 SQUATS	22 SQUATS	24 SQUATS	26 SQUATS	28 SQUATS
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
30 SQUATS	32 SQUATS	34 SQUATS	36 SQUATS	38 SQUATS
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
40 SQUATS	42 SQUATS	44 SQUATS	46 SQUATS	48 SQUATS
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
50 SQUATS	52 SQUATS	54 SQUATS	56 SQUATS	58 SQUATS
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
60 SQUATS	70 SQUATS	80 SQUATS	90 SQUATS	100 SQUATS

