

30 DAY SQUAT CHALLENGE

Day 1	50 squats
Day 2	55 squats
Day 3	60 squats
Day 4	Rest
Day 5	70 squats
Day 6	75 squats
Day 7	80 squats
Day 8	Rest
Day 9	100 squats
Day 10	105 squats
Day 11	110 squats
Day 12	Rest
Day 13	130 squats
Day 14	135 squats
Day 15	140 squats



Day 16	Rest
Day 17	150 squats
Day 18	155 squats
Day 19	160 squats
Day 20	Rest
Day 21	180 squats
Day 22	185 squats
Day 23	190 squats
Day 24	Rest
Day 25	220 squats
Day 26	225 squats
Day 27	230 squats
Day 28	Rest
Day 29	240 squats
Day 30	250 squats

Buzzfeed Squat Challenge

Cody Smith

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Buzzfeed Squat Challenge:

The Man's Guide to Sanity Conrad Riker, Fed up with being blamed for everything It s time to fight back Are you tired of being shamed for your natural instincts Do you feel trapped in a society that demands strength but punishes you for it Have you been silenced when speaking your truth Expose the hidden tactics used to control men Master hypergamy to your advantage Shut down shaming language instantly Escape the double bind of modern masculinity Reclaim your voice in conversations about gender Leverage evolutionary psychology for real power Navigate kinks without feminist judgment Build unbreakable confidence in a hostile world If you want to live free from feminist lies and lead with unshakeable authority then buy this book today *300 Squats a Day 30 Day Challenge* Cody Smith,2021-03-23 You ve lost your workout motivation You ve hit a plateau Or maybe you re just looking for your next challenge The 300 squats a day 30 day challenge has what you re looking for Whether you can currently manage 5 squats or over 50 there is a place for you in this program What you can expect the program to be tough but manageable to stack on muscle in your glutes quads and hamstrings bust through any plateau to hit your squat max enhance your overall athletic ability to see progress in other areas of your physical physique ability your maximum consecutive squat rep count to increase significantly a program to meet you exactly where you are with your current squat max workouts that can be completed anywhere including in your home needing zero equipment just your body grit and determination to feel transformed after just 30 days The 300 squats a day challenge is here to take your fitness to the next level if you re willing to accept the challenge Don t wait to challenge yourself Don t wait to feel ready Start today and become ready Your new you is just 30 days away Accept the challenge Buy Your Copy Now **300 Lunges a Day 30 Day Challenge** Cody Smith,2021-03-24 You ve lost your workout motivation You ve hit a plateau Or maybe you re just looking for your next challenge The 300 lunges a day 30 day challenge has what you re looking for Whether you can currently manage 5 lunges or over 50 there is a place for you in this program What you can expect the program to be tough but manageable to stack on muscle on your glutes hamstrings and quads bust through any plateau to hit your new squat max to see progress in other areas of your physical physique ability your maximum consecutive lunge rep count to increase significantly a program to meet you exactly where you are with your current lunge max workouts that can be completed anywhere including in your home needing zero equipment just your body grit and determination to feel transformed after just 30 days The 300 lunges a day challenge is here to take your fitness to the next level if you re willing to accept the challenge Don t wait to challenge yourself Don t wait to feel ready Start today and become ready Your new you is just 30 days away Accept the challenge Buy Your Copy Now

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