

# 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

**M Tight**



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