

LIVESTRONG™.COM

# 30-DAY SQUAT CHALLENGE

**DAY 1** 50 Squats

**DAY 2** 55 Squats

**DAY 3** 60 Squats

**DAY 4** REST DAY

**DAY 5** 70 Squats

**DAY 6** 75 Squats

**DAY 7** 80 Squats

**DAY 8** REST DAY

**DAY 9** 100 Squats

**DAY 10** 105 Squats

**DAY 11** 110 Squats

**DAY 12** REST DAY

**DAY 13** 130 Squats

**DAY 14** 135 Squats

**DAY 15** 140 Squats

**DAY 16** REST DAY

**DAY 17** 150 Squats

**DAY 18** 155 Squats

**DAY 19** 160 Squats

**DAY 20** REST DAY

**DAY 21** 180 Squats

**DAY 22** 185 Squats

**DAY 23** 190 Squats

**DAY 24** REST DAY

**DAY 25** 220 Squats

**DAY 26** 225 Squats

**DAY 27** 230 Squats

**DAY 28** REST DAY

**DAY 29** 240 Squats

**DAY 30** 250 Squats

**NOTE:** Depending on your fitness level,  
you can break these into smaller sets.