

30-DAY SQUAT-CHALLENGE

10 Squats	13 Squats	16 Squats	20 Squats	Pause
10 Squat Jumps	13 Squat Jumps	16 Squat Jumps	20 Squat Jumps	Pause
20 Squat Jumps	15 Goblet Squats	17 Goblet Squats	20 Goblet Squats	Pause
25 Squat Jumps	25 Goblet Squats	25 Squat Jumps	25 Goblet Squats	Pause
30 Squat Jumps	30 Goblet Squats	Pause	35 Squat Jumps	35 Goblet Squats
Pause	40 Squat Jumps	40 Goblet Squats	Pause	50 Squat Jumps