30-day squat challenge

Bodyweight squats, a few more each day. Cross off each day.

NAME

START DATE

1 50	2 55	3 60	4 Rest	5 70	6 75
7 80	8 Rest	9 100	10 105	11 110	12 Rest
13 130	14 135	15 140	16 Rest	17 150	18 155
19 160	20 Rest	21 180	22 185	23 190	24 Rest
25 220	26 225	27 230	28 Rest	29 240	30 250

Split the number into sets through the day. Sit back, knees over toes, heels down.

Not medical advice. Get your doctor's OK before you start.