

SQUAT CHALLENGE

Expert

Day 1

45

Repetitions

Day 2

47

Repetitions

Day 3

48

Repetitions

Day 4

50

Repetitions

Day 5

52

Repetitions

Day 6

53

Repetitions

Day 7

54

Repetitions

Day 8

57

Repetitions

Day 9

60

Repetitions

Day 10

65

Repetitions



OFFICEFIT
STAY ACTIVE WHILE WORKING