

SQUAT CHALLENGE

1	
Normal	Hardcore
30	10
sekunder	repetitioner

2	
Normal	Hardcore
30	10
sekunder	repetitioner

3	
Normal	Hardcore
30	14
sekunder	repetitioner

4	
Normal	Hardcore
40	14
sekunder	repetitioner

5	
Normal	Hardcore
40	18
sekunder	repetitioner

6	
Normal	Hardcore
40	18
sekunder	repetitioner

7	
Normal	Hardcore
60	22
sekunder	repetitioner

8	
Normal	Hardcore
60	22
sekunder	repetitioner

9	
Normal	Hardcore
60	26
sekunder	repetitioner

10	
Normal	Hardcore
70	26
sekunder	repetitioner

11	
Normal	Hardcore
70	30
sekunder	repetitioner

12	
Normal	Hardcore
70	30
sekunder	repetitioner

13	
Normal	Hardcore
80	34
sekunder	repetitioner

14	
Normal	Hardcore
80	34
sekunder	repetitioner

15	
Normal	Hardcore
90	38
sekunder	repetitioner

16	
Normal	Hardcore
90	38
sekunder	repetitioner

17	
Normal	Hardcore
90	42
sekunder	repetitioner

18	
Normal	Hardcore
100	42
sekunder	repetitioner

19	
Normal	Hardcore
110	46
sekunder	repetitioner

20	
Normal	Hardcore
120	50
sekunder	repetitioner