SQUAT CHALLENGE
Basic

Day 1	Day 2	Day 3	Day 4	Day 5
8	**9**	**10**	**11**	**12**
Repetitions	Repetitions	Repetitions	Repetitions	Repetitions

Day 6	Day 7	Day 8	Day 9	Day 10
13	**14**	**15**	**16**	**17**
Repetitions	Repetitions	Repetitions	Repetitions	Repetitions

OFFICEFIT
STAY ACTIVE WHILE WORKING

SQUAT CHALLENGE
Intermediate

Day 1	Day 2	Day 3	Day 4	Day 5
15 Repetitions	**16** Repetitions	**18** Repetitions	**19** Repetitions	**20** Repetitions

Day 6	Day 7	Day 8	Day 9	Day 10
21 Repetitions	**22** Repetitions	**24** Repetitions	**25** Repetitions	**26** Repetitions

SQUAT CHALLENGE
Experienced

Day 1	Day 2	Day 3	Day 4	Day 5
30 Repetitions	**31** Repetitions	**33** Repetitions	**34** Repetitions	**35** Repetitions

Day 6	Day 7	Day 8	Day 9	Day 10
36 Repetitions	**37** Repetitions	**38** Repetitions	**39** Repetitions	**40** Repetitions

OFFICEFIT
STAY ACTIVE WHILE WORKING

SQUAT CHALLENGE
Expert

Day 1	Day 2	Day 3	Day 4	Day 5
45 Repetitions	**47** Repetitions	**48** Repetitions	**50** Repetitions	**52** Repetitions

Day 6	Day 7	Day 8	Day 9	Day 10
53 Repetitions	**54** Repetitions	**57** Repetitions	**60** Repetitions	**65** Repetitions