

SQUAT CHALLENGE

Basic

Day 1
8
Repetitions

Day 2
9
Repetitions

Day 3
10
Repetitions

Day 4
11
Repetitions

Day 5
12
Repetitions

Day 6
13
Repetitions

Day 7
14
Repetitions

Day 8
15
Repetitions

Day 9
16
Repetitions

Day 10
17
Repetitions