

# SQUAT CHALLENGE

## Experienced

Day 1

**30**

Repetitions

Day 2

**31**

Repetitions

Day 3

**33**

Repetitions

Day 4

**34**

Repetitions

Day 5

**35**

Repetitions

Day 6

**36**

Repetitions

Day 7

**37**

Repetitions

Day 8

**38**

Repetitions

Day 9

**39**

Repetitions

Day 10

**40**

Repetitions



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING