

SQUAT CHALLENGE

Intermediate

Day 1

15

Repetitions

Day 2

16

Repetitions

Day 3

18

Repetitions

Day 4

19

Repetitions

Day 5

20

Repetitions

Day 6

21

Repetitions

Day 7

22

Repetitions

Day 8

24

Repetitions

Day 9

25

Repetitions

Day 10

26

Repetitions



OFFICEFIT
STAY ACTIVE WHILE WORKING