

30-DAY SQUAT CHALLENGE FOR BEGINNERS

No Equipment, 15 Minutes/Day

1ST WEEK

Day 1

20 Squats
Start Slowly

Day 2

25 Squats

Day 3

30 Squats

Day 4

REST

Day 5

35 Squats

Day 6

40 Squats

Day 7

REST

2ND WEEK

Day 1

50 Squats

Day 2

55 Squats

Day 3

60 Squats

Day 4

REST

Day 5

65 Squats

Day 6

70 Squats

Day 7

REST

3RD WEEK

Day 1

75 Squats

Day 2

80 Squats

Day 3

85 Squats

Day 4

REST

Day 5

90 Squats

Day 6

95 Squats

Day 7

REST

4TH WEEK

Day 1

105 Squats

Day 2

110 Squats

Day 3

115 Squats

Day 4

REST

Day 5

120 Squats

Day 6

135 Squats

Day 7

REST

