

SQUAT HERO

30-Day Challenge

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Pick a level and complete the given number & style of squats every day for 30 days.

easy 10 squats

hard 20 squats

advanced 30 squats

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 