



# 30-DAY #SQUATGOALS CHALLENGE



## HOW TO DO A PROPER SQUAT:

- Stand with feet slightly wider than hips.
- Keep back straight, chest and shoulders up
- Slowly squat down, make sure your knees don't go past your feet
- Once at the bottom, slowly rise up

DAY 1	10 SQUATS	<input type="radio"/>	DAY 11	15 SQUATS	<input type="radio"/>	DAY 21	20 SQUATS	<input type="radio"/>
DAY 2	15 SQUATS	<input type="radio"/>	DAY 12	REST	<input type="radio"/>	DAY 22	REST	<input type="radio"/>
DAY 3	20 SQUATS	<input type="radio"/>	DAY 13	10 SQUATS	<input type="radio"/>	DAY 23	25 SQUATS	<input type="radio"/>
DAY 4	REST	<input type="radio"/>	DAY 14	20 SQUATS	<input type="radio"/>	DAY 24	30 SQUATS	<input type="radio"/>
DAY 5	25 SQUATS	<input type="radio"/>	DAY 15	30 SQUATS	<input type="radio"/>	DAY 25	35 SQUATS	<input type="radio"/>
DAY 6	30 SQUATS	<input type="radio"/>	DAY 16	40 SQUATS	<input type="radio"/>	DAY 26	40 SQUATS	<input type="radio"/>
DAY 7	REST	<input type="radio"/>	DAY 17	REST	<input type="radio"/>	DAY 27	REST	<input type="radio"/>
DAY 8	35 SQUATS	<input type="radio"/>	DAY 18	30 SQUATS	<input type="radio"/>	DAY 28	50 SQUATS	<input type="radio"/>
DAY 9	25 SQUATS	<input type="radio"/>	DAY 19	35 SQUATS	<input type="radio"/>	DAY 29	45 SQUATS	<input type="radio"/>
DAY 10	20 SQUATS	<input type="radio"/>	DAY 20	40 SQUATS	<input type="radio"/>	DAY 30	50 SQUATS	<input type="radio"/>