



LOCKDOWN FITNESS

30 DAY SQUAT

CHALLENGE

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| DAY 1 50 | DAY 2 55 | DAY 3 60 | DAY 4 REST | DAY 5 70 |
| DAY 6 75 | DAY 7 80 | DAY 8 REST | DAY 9 100 | DAY 10 105 |
| DAY 11 110 | DAY 12 REST | DAY 13 130 | DAY 14 135 | DAY 15 140 |
| DAY 16 REST | DAY 17 150 | DAY 18 155 | DAY 19 160 | DAY 20 REST |
| DAY 21 180 | DAY 22 185 | DAY 23 190 | DAY 24 REST | DAY 25 220 |
| DAY 26 225 | DAY 27 230 | DAY 28 REST | DAY 29 240 | DAY 30 250 |