

15 Day Squat Challenge



1

25
Squats

2

25
Squats

3

Rest
Day

4

50
Squats

5

Rest
Day

6

20
Squats

7

35
Squats

8

20
Squats

9

Rest
Day

10

40
Squats

11

20
Squats

12

Rest
Day

13

45
Squats

14

Rest
Day

15

55
Squats