



30-DAY CHALLENGE

DECEMBER 2017 SQUAT CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 2017 SQUAT CHALLENGE						
	E = Easy I = Intermediate X = Extreme				1 E = 10 SQUATS I = 20 SQUATS X = 55 SQUATS Total for the Day	2 E = 10 SQUATS I = 25 SQUATS X = 60 SQUATS Total for the Day
3 REST DAY	4 E = 10 SQUATS I = 30 SQUATS X = 65 SQUATS Total for the Day	5 E = 15 SQUATS I = 35 SQUATS X = 70 SQUATS Total for the Day	6 E = 20 SQUATS I = 40 SQUATS X = 75 SQUATS Total for the Day	7 E = 25 SQUATS I = 45 SQUATS X = 80 SQUATS Total for the Day	8 E = 30 SQUATS I = 50 SQUATS X = 85 SQUATS Total for the Day	9 E = 35 SQUATS I = 55 SQUATS X = 90 SQUATS Total for the Day
10 REST DAY	11 E = 35 SQUATS I = 60 SQUATS X = 95 SQUATS Total for the Day	12 E = 40 SQUATS I = 65 SQUATS X = 100 SQUATS Total for the Day	13 E = 45 SQUATS I = 70 SQUATS X = 105 SQUATS Total for the Day	14 E = 45 SQUATS I = 75 SQUATS X = 110 SQUATS Total for the Day	15 E = 50 SQUATS I = 80 SQUATS X = 115 SQUATS Total for the Day	16 E = 55 SQUATS I = 85 SQUATS X = 120 SQUATS Total for the Day
17 REST DAY	18 E = 55 SQUATS I = 90 SQUATS X = 125 SQUATS Total for the Day	19 E = 60 SQUATS I = 95 SQUATS X = 130 SQUATS Total for the Day	20 E = 65 SQUATS I = 100 SQUATS X = 135 SQUATS Total for the Day	21 E = 70 SQUATS I = 105 SQUATS X = 140 SQUATS Total for the Day	22 E = 75 SQUATS I = 110 SQUATS X = 145 SQUATS Total for the Day	23 E = 80 SQUATS I = 115 SQUATS X = 150 SQUATS Total for the Day
24 REST DAY	25 REST DAY	26 E = 80 SQUATS I = 120 SQUATS X = 155 SQUATS Total for the Day	27 E = 85 SQUATS I = 125 SQUATS X = 160 SQUATS Total for the Day	28 E = 90 SQUATS I = 130 SQUATS X = 165 SQUATS Total for the Day	29 E = 95 SQUATS I = 135 SQUATS X = 170 SQUATS Total for the Day	30 E = 100 SQUATS I = 140 SQUATS X = 175 SQUATS Total for the Day

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Notes: These challenges are designed to be above and beyond what we do at boot camp. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count. You can start the challenge on any day that you want. You can change up the variations of the Squats - regular, narrow, wide, plie, jump, air, squat jacks, tuck jump, etc. You can do them with or without weights.