



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY SQUAT THE SNOW AWAY CHALLENGE</b>						
		<b>1</b> <b>REST DAY</b>	<b>2</b> E = 5 Squats I = 20 Squats X = 25 Squats	<b>3</b> E = 6 Squats I = 23 Squats X = 30 Squats	<b>4</b> E = 7 Squats I = 26 Squats X = 35 Squats	<b>5</b> E = 8 Squats I = 29 Squats X = 40 Squats
		Each side	Each side	Each side	Each side	Each side
<b>6</b> <b>REST DAY</b>	<b>7</b> E = 8 Squats I = 31 Squats X = 45 Squats	<b>8</b> E = 10 Squats I = 34 Squats X = 50 Squats	<b>9</b> E = 12 Squats I = 37 Squats X = 55 Squats	<b>10</b> E = 14 Squats I = 40 Squats X = 60 Squats	<b>11</b> E = 16 Squats I = 43 Squats X = 65 Squats	<b>12</b> E = 18 Squats I = 46 Squats X = 70 Squats
	Each side	Each side	Each side	Each side	Each side	Each side
<b>13</b> <b>REST DAY</b>	<b>14</b> E = 20 Squats I = 48 Squats X = 75 Squats	<b>15</b> E = 22 Squats I = 51 Squats X = 80 Squats	<b>16</b> E = 24 Squats I = 54 Squats X = 85 Squats	<b>17</b> E = 26 Squats I = 57 Squats X = 90 Squats	<b>18</b> E = 28 Squats I = 60 Squats X = 95 Squats	<b>19</b> E = 30 Squats I = 63 Squats X = 100 Squats
	Each side	Each side	Each side	Each side	Each side	Each side
<b>20</b> <b>REST DAY</b>	<b>21</b> E = 32 Squats I = 65 Squats X = 105 Squats	<b>22</b> E = 34 Squats I = 68 Squats X = 110 Squats	<b>23</b> E = 36 Squats I = 71 Squats X = 115 Squats	<b>24</b> E = 38 Squats I = 74 Squats X = 120 Squats	<b>25</b> E = 40 Squats I = 77 Squats X = 125 Squats	<b>26</b> E = 42 Squats I = 80 Squats X = 130 Squats
	Each side	Each side	Each side	Each side	Each side	Each side
<b>27</b> <b>REST DAY</b>	<b>28</b> E = 44 Squats I = 82 Squats X = 135 Squats	<b>29</b> E = 46 Squats I = 85 Squats X = 140 Squats	<b>30</b> E = 48 Squats I = 88 Squats X = 145 Squats	<b>31</b> E = 50 Squats I = 90 Squats X = 150 Squats		E = Easy I = Intermediate X = Extreme
	Each side	Each side	Each side	Each side		

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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 or do a 2nd round or add some weights. You can start the challenge on any day that you want. You can change up the variations of the squats - regular, wide, narrow, plie, jump, squat with a kick, sumo, air, squat jacks, etc.