



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DECEMBER 2019 SANTA SQUAT-A-THON CHALLENGE</b>						
<b>1</b> <b>REST DAY</b>	<b>2</b> E = 10 Squats I = 20 Squats X = 40 Squats <b>Total for the day</b>	<b>3</b> E = 12 Squats I = 24 Squats X = 48 Squats <b>Total for the day</b>	<b>4</b> E = 14 Squats I = 28 Squats X = 56 Squats <b>Total for the day</b>	<b>5</b> E = 16 Squats I = 32 Squats X = 64 Squats <b>Total for the day</b>	<b>6</b> E = 18 Squats I = 36 Squats X = 72 Squats <b>Total for the day</b>	<b>7</b> E = 20 Squats I = 40 Squats X = 80 Squats <b>Total for the day</b>
<b>8</b> <b>REST DAY</b>	<b>9</b> E = 20 Squats I = 40 Squats X = 80 Squats <b>Total for the day</b>	<b>10</b> E = 22 Squats I = 44 Squats X = 88 Squats <b>Total for the day</b>	<b>11</b> E = 24 Squats I = 48 Squats X = 96 Squats <b>Total for the day</b>	<b>12</b> E = 26 Squats I = 52 Squats X = 104 Squats <b>Total for the day</b>	<b>13</b> E = 28 Squats I = 56 Squats X = 112 Squats <b>Total for the day</b>	<b>14</b> E = 30 Squats I = 60 Squats X = 120 Squats <b>Total for the day</b>
<b>15</b> <b>REST DAY</b>	<b>16</b> E = 30 Squats I = 60 Squats X = 120 Squats <b>Total for the day</b>	<b>17</b> E = 32 Squats I = 64 Squats X = 128 Squats <b>Total for the day</b>	<b>18</b> E = 34 Squats I = 68 Squats X = 136 Squats <b>Total for the day</b>	<b>19</b> E = 36 Squats I = 72 Squats X = 144 Squats <b>Total for the day</b>	<b>20</b> E = 38 Squats I = 76 Squats X = 152 Squats <b>Total for the day</b>	<b>21</b> E = 42 Squats I = 84 Squats X = 168 Squats <b>Total for the day</b>
<b>22</b> <b>REST DAY</b>	<b>23</b> E = 42 Squats I = 84 Squats X = 168 Squats <b>Total for the day</b>	<b>24</b> E = 44 Squats I = 88 Squats X = 176 Squats <b>Total for the day</b>	<b>25</b> <b>REST DAY</b> <b>ALL DAY</b>	<b>26</b> E = 44 Squats I = 88 Squats X = 176 Squats <b>Total for the day</b>	<b>27</b> E = 46 Squats I = 92 Squats X = 184 Squats <b>Total for the day</b>	<b>28</b> E = 48 Squats I = 96 Squats X = 192 Squats <b>Total for the day</b>
<b>29</b> <b>REST DAY</b>	<b>30</b> E = 48 Squats I = 96 Squats X = 192 Squats <b>Total for the day</b>	<b>31</b> E = 50 Squats I = 100 Squats X = 200 Squats <b>Total for the day</b>				<b>E = Easy</b> <b>I = Intermediate</b> <b>X = Extreme</b>

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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. You can start the challenge on any day that you want. You can change up the variations of the Squats you can do a regular squat, wide, plie, squat jack, squat jump, air squats, squat with kick, squat with knee crunch etc.