

30 Day Squat Challenge

LiftVault.com

SpreadsheetClass.com

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
15 air squats	20 glute kickbacks	15 air squats 15 glute kickbacks	20 air squats 20 glute kickbacks	REST	15 sumo squats	20 reaching sumo squats
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
15 sumo squats 15 reaching sumo squats	20 sumo squats 20 reaching sumo squats	REST	15 oblique squats	20 jump squats	15 oblique squats 15 jump squats	20 oblique squats 20 jump squats
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
REST	15 narrow squats	10 pistol squats	15 narrow squats 15 pistol squats	15 narrow squats 20 pistol squats	REST	10 curtsy squats
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
15 split squats	10 curtsy squats 10 split squats	15 curtsy squats 15 split squats	REST	10 isometric squats	30 pop squats	15 isometric squats 20 pop squats
Day 29	Day 30		Notes			
20 isometric squats 30 pop squats	5 air squats, 5 kickback squats, 5 sumo squats, 5 reaching sumo squats, 5 oblique squats, 5 jump squats, 5 narrow squats, 5 pistol squats, 5 curtsy squats, 5 split squats, 5 isometric squats, 5 pop squats (Do full list twice)					