

# 30 Day Squat Challenge Plan

Unlike other squat challenges, this involves five different variations to not only sculpt your legs and booty more effectively, but also to beat boredom and prevent overuse injuries. This plan incorporates rest days, so while you can hold off on squats that day, you can (and should) still do other workouts to target your non-squatting muscles.

Day of Month	Exercise	Number of Squats
Day 1	6 reps of each	30
Day 2	10 reps of each	50
Day 3	6 reps of each repeat 2x	60
Day 4	Rest	0
Day 5	5 reps of each repeat 3x	75
Day 6	10 reps of each	50
Day 7	8 reps of each repeat 2x	80
Day 8	Rest	0
Day 9	9 reps of each repeat 2x	90
Day 10	6 reps of each repeat 2x	60
Day 11	5 reps of each repeat 4x	100
Day 12	Rest	0
Day 13	7 reps of each repeat 3x	105
Day 14	6 reps of each repeat 2x	60
Day 15	5 reps of each repeat 5x	120
Day 16	Rest	0
Day 17	9 reps of each repeat 3x	135
Day 18	5 reps of each repeat 3x	75
Day 19	7 reps of each repeat 4x	140
Day 20	Rest	0
Day 21	10 reps of each repeat 3x	150
Day 22	8 reps of each repeat 2x	80

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Day 23	8 reps of each <small>repeat 2x</small>	160
Day 24	Rest	0
Day 25	7 reps of each <small>repeat 5x</small>	175
Day 26	6 reps of each <small>repeat 3x</small>	90
Day 27	9 reps of each <small>repeat 4x</small>	180
Day 28	Rest	0
Day 29	12 reps of each <small>repeat 3x</small>	180
Day 30	10 reps of each <small>repeat 4x</small>	200

## Examples of Squats for 30 day Challenge

