

# 1,000 SQUATS

30-DAY CHALLENGE @ [darebee.com](https://darebee.com)

split total reps  
into manageable sets



1	30 squats	2	20 seconds squat hold or wall-sit	3	35 squats	4	25 seconds squat hold or wall-sit	5	40 squats
6	30 seconds squat hold or wall-sit	7	45 squats	8	35 seconds squat hold or wall-sit	9	50 squats	10	40 seconds squat hold or wall-sit
11	55 squats	12	45 seconds squat hold or wall-sit	13	60 squats	14	50 seconds squat hold or wall-sit	15	65 squats
16	55 seconds squat hold or wall-sit	17	70 squats	18	60 seconds squat hold or wall-sit	19	75 squats	20	1min 5sec squat hold or wall-sit
21	80 squats	22	1min 10sec squat hold or wall-sit	23	85 squats	24	1min 15sec squat hold or wall-sit	25	90 squats
26	1min 20sec squat hold or wall-sit	27	100 squats	28	1min 25sec squat hold or wall-sit	29	120 squats	30	1min 30sec squat hold or wall-sit