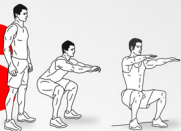


squats



— 30-DAY CHALLENGE —

© darebee.com

1 10 squats 6 squats 6 squats	2 16 squats 10 squats 10 squats	3 18 squats 10 squats 10 squats	4 30 seconds wall sit	5 20 squats 6 squats 6 squats
6 22 squats 6 squats 6 squats	7 24 squats 10 squats 10 squats	8 40 seconds wall sit	9 26 squats 10 squats 10 squats	10 28 squats 6 squats 6 squats
11 30 squats 6 squats 6 squats	12 1 minute wall sit	13 32 squats 10 squats 10 squats	14 34 squats 10 squats 10 squats	15 36 squats 10 squats 10 squats
16 1min 20sec wall sit	17 38 squats 6 squats 6 squats	18 40 squats 10 squats 10 squats	19 42 squats 10 squats 10 squats	20 1min 40sec wall sit
21 44 squats 6 squats 6 squats	22 46 squats 6 squats 6 squats	23 48 squats 10 squats 10 squats	24 2 minutes wall sit	25 50 squats 10 squats 10 squats
26 52 squats 6 squats 6 squats	27 54 squats 6 squats 6 squats	28 2min 20sec wall sit	29 56 squats 10 squats 10 squats	30 60 squats 20 squats 20 squats