

Squat Challenge

www.fitnessbootcampnow.com



May 2013

Rules:

- Do each day or you have to double up.
- You can break them up throughout the day.
- Mark each day and each exercise.
- Turn in at the end of the month for a prize!!!!

Name: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <input type="checkbox"/> 50 squats	2 <input type="checkbox"/> 55 squats	3 <input type="checkbox"/> 60 squats	REST
5 <input type="checkbox"/> 70 squats	6 <input type="checkbox"/> 75 squats	7 <input type="checkbox"/> 80 squats	REST	9 <input type="checkbox"/> 90squats	10 <input type="checkbox"/> 100 squats	11 <input type="checkbox"/> 105 squats
REST	13 <input type="checkbox"/> 110 squats	14 <input type="checkbox"/> 115 squats	15 <input type="checkbox"/> 120 squats	REST	17 <input type="checkbox"/> 130 squats	18 <input type="checkbox"/> 140 squats
19 <input type="checkbox"/> 150 squats	REST	21 <input type="checkbox"/> 170 squats	22 <input type="checkbox"/> 180 squats	23 <input type="checkbox"/> 180 squats	REST	25 <input type="checkbox"/> 200 squats
26 <input type="checkbox"/> 210squats	27 <input type="checkbox"/> 215 squats	REST	29 <input type="checkbox"/> 230 squats	30 <input type="checkbox"/> 240 squats	31 <input type="checkbox"/> 250 squats	