change IN seconds

MOTIVATION TO LOSE WEIGHT

30 Day Squat Challenge For Your Entire Lower Body

Day 1

Day 2

50

Squats

55

Squats

60

Day 3

Squats

Day 4

REST DAY

Day 5

70

Squats

Day 6

75

Squats

80

Day 7

Squats

Day 8

REST DAY

Day 9

100

Day 10

105

Squats

Squats

110

Day 11

Squats

Day 12

REST DAY

Day 13

Day 14

130

Squats

135

Squats

140

Day 15

Squats

Day 16

REST DAY

Day 17

150

Squats

Day 18

155

Squats

160

Day 19

Squats

Day 20

REST DAY

Day 17

150

Day 18

155

Squats

Squats

Day 19

Squats

Day 20

REST DAY

Day 21

Day 22

180

Squats

185

Squats

190

Day 23

Squats

Day 24

REST DAY

Day 25

220

Squats

Day 26

225

Squats

230

Day 27

Squats

Day 28

REST DAY

Day 29

240

Day 30

250

Squats

Squats

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