SQUAT CIRCUIT Chassenge! 4 WEEKS TO 200 SQUATS



NARROW SQUAT





NARROW SQUAT

W/BACK KICK











SUMO SQUAT

THE PLAN

DAY 1: 6 reps of each

DAY 2: 10 reps of each

DAY 3: 6 reps of each, repeat 2x

DAY 4: Rest

DAY 5: 5 reps of each, repeat 3x

DAY 6: 10 reps of each

DAY 7: 8 reps of each, repeat 2x

DAY 8: Rest

DAY 9: 9 reps of each, repeat 2x

DAY 10: 6 reps of each, repeat 2x

DAY 11: 5 reps of each, repeat 4x

DAY 12: Rest

DAY 13: 7 reps of each, repeat 3x

DAY 14: 6 reps of each, repeat 2x

DAY 15: 5 reps of each, repeat 5x

DAY 16: Rest

DAY 17: 9 reps of each, repeat 3x

DAY 18: 5 reps of each, repeat 3x

DAY 19: 7 reps of each, repeat 4x

DAY 20: Rest

DAY 21: 10 reps of each, repeat 3x

DAY 22: 8 reps of each, repeat 2x

DAY 23: 8 reps of each, repeat 4x

DAY 24: Rest

DAY 25: 7 reps of each, repeat 5x

DAY 26: 6 reps of each, repeat 3x

DAY 27: 9 reps of each, repeat 4x

DAY 28: Rest

DAY 29: 12 reps of each, repeat 3x

DAY 30: 10 reps of each, repeat 4x