

30-day SQUAT challenge



**SAN MATEO
ATHLETIC CLUB**
— AT —
COLLEGE OF SAN MATEO

Day 1

20

Day 2

25

Day 3

30

Day 4

35

Day 5

40

Day 6

45

Day 7

50

Day 8

55

Day 9

60

Day 10

Rest

Day 11

65

Day 12

70

Day 13

75

Day 14

80

Day 15

85

Day 16

90

Day 17

95

Day 18

100

Day 19

100

Day 20

50

Day 21

55

Day 22

60

Day 23

100

Day 24

65

Day 25

70

Day 26

100

Day 27

Rest

Day 28

80

Day 29

90

Day 30

100