

## CITYLINE 30-DAY SQUAT CHALLENGE

Day one	30 squats
Day two	35 squats
Day three	40 squats
Day four	45 squats
Day five	REST
Day six	45 squats
Day seven	50 squats
Day eight	55 squats
Day nine	60 squats
Day ten	REST
Day eleven	65 squats
Day twelve	70 squats
Day thirteen	75 squats
Day fourteen	80 squats
Day fifteen	REST
Day sixteen	85 squats
Day seventeen	90 squats
Day eighteen	95 squats
Day nineteen	100 squats
Day twenty	REST
Day twenty-one	105 squats
Day twenty-two	110 squats
Day twenty-three	115 squats
Day twenty-four	120 squats
Day twenty-five	REST
Day twenty-six	125 squats
Day twenty-seven	130 squats
Day twenty-eight	135 squats
Day twenty-nine	140 squats
Day thirty	145 squats