



GYIS

More Than Just Fitness!

30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST SQUAT CHALLENGE						
	1 E = 5 Squats I = 20 Squats X = 25 Squats	2 = 6 Squats I = 23 Squats X = 30 Squats	E 3 = 7 Squats I = 26 Squats X = 35 Squats	E 4 E = 8 Squats I = 29 Squats X = 40 Squats	5 E = 9 Squats I = 32 Squats X = 45 Squats	6 = 10 Squats I = 34 Squats X = 50 Squats
7 REST DAY	8 = 12 Squats I = 37 Squats X = 55 Squats	E 9 = 14 Squats I = 40 Squats X = 60 Squats	E 10 E = 16 Squats I = 43 Squats X = 65 Squats	11 E = 18 Squats I = 46 Squats X = 70 Squats	12 E = 20 Squats I = 48 Squats X = 75 Squats	13 E = 22 Squats I = 51 Squats X = 80 Squats
14 REST DAY	17 E = 24 Squats I = 54 Squats X = 85 Squats	17 E = 26 Squats I = 57 Squats X = 90 Squats	18 E = 28 Squats I = 60 Squats X = 95 Squats	19 E = 30 Squats I = 63 Squats X = 100 Squats	21 E = 32 Squats I = 65 Squats X = 105 Squats	22 E = 34 Squats I = 68 Squats X = 110 Squats
21 REST DAY	23 E = 36 Squats I = 71 Squats X = 115 Squats	24 E = 38 Squats I = 74 Squats X = 120 Squats	25 E = 40 Squats I = 77 Squats X = 125 Squats	26 E = 42 Squats I = 80 Squats X = 130 Squats	28 = 44 Squats I = 82 Squats X = 135 Squats	E 29 E = 46 Squats I = 85 Squats X = 140 Squats
28 REST DAY	29 E = 48 Squats I = 88 Squats X = 145 Squats	30 E = 50 Squats I = 90 Squats X = 150 Squats	31 E = 52 Squats I = 93 Squats X = 155 Squats			E = Easy I = Intermediate X = Extreme

www.getyouinshape.com

Notes: These challenges are designed to be above and beyond what we do at boot camp. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count or do a 2nd round or add some weights. You can start the challenge on any day that you want. You can change up the variations of the squats - regular, wide, narrow, plie, jump, squat with a kick, sumo, air, squat jacks, etc.