

# FOODSPRING

## 30 DAYS SQUAT CHALLENGE



**TECHNIQUE SQUATS**



**ANKLE-TO-KNEE-SQUATS**



**GOBLET SQUATS**

<p>DAY 1</p> <p><b>10 TECHNIQUE SQUATS</b></p>	<p>DAY 2</p> <p><b>20 TECHNIQUE SQUATS</b></p>	<p>DAY 3</p> <p><b>30 TECHNIQUE SQUATS</b></p>	<p>DAY 4</p> <p><b>40 TECHNIQUE SQUATS</b></p>	<p>DAY 5</p> <p><b>50 TECHNIQUE SQUATS</b></p>	<p>DAY 6</p> <p><b>5 TECHNIQUE SQUATS</b></p>
<p>DAY 7</p> <p><b>10 ANKLE-TO-KNEE-SQUATS</b> 5 each side</p>	<p>DAY 8</p> <p><b>20 ANKLE-TO-KNEE-SQUATS</b> 10 each side</p>	<p>DAY 9</p> <p><b>30 ANKLE-TO-KNEE-SQUATS</b> 15 each side</p>	<p>DAY 10</p> <p><b>40 ANKLE-TO-KNEE-SQUATS</b> 20 each side</p>	<p>DAY 11</p> <p><b>50 ANKLE-TO-KNEE-SQUATS</b> 25 each side</p>	<p>DAY 12</p> <p><b>15 GOBLET SQUATS</b></p>
<p>DAY 13</p> <p><b>24 GOBLET SQUATS</b></p>	<p>DAY 14</p> <p><b>30 GOBLET SQUATS</b></p>	<p>DAY 15</p> <p><b>36 GOBLET SQUATS</b></p>	<p>DAY 16</p> <p><b>5 TECHNIQUE SQUATS</b> Each side</p>	<p>DAY 17</p> <p><b>15 BACK SQUATS</b> Choose your weight for the next days: 10, 15, 20 or 25 kg</p>	<p>DAY 18</p> <p><b>24 BACK SQUATS</b></p>
<p>DAY 19</p> <p><b>30 BACK SQUATS</b></p>	<p>DAY 20</p> <p><b>36 BACK SQUATS</b></p>	<p>DAY 21</p> <p><b>5 TECHNIQUE SQUATS</b> Each side</p>	<p>DAY 22</p> <p><b>15 SUPPORTED PISTOL SQUATS</b> Reps. per leg</p>	<p>DAY 23</p> <p><b>24 SUPPORTED PISTOL SQUATS</b></p>	<p>DAY 24</p> <p><b>36 SUPPORTED PISTOL SQUATS</b></p>
<p>DAY 25</p> <p><b>REST</b></p>	<p>DAY 26</p> <p><b>1 PISTOL SQUAT</b> OR increase your amount of supported pistol squats.</p>	<p>DAY 27</p> <p><b>3 PISTOL SQUATS</b> Each side</p>	<p>DAY 28</p> <p><b>5 PISTOL SQUATS</b> Each side</p>	<p>DAY 29</p> <p><b>7 PISTOL SQUATS</b> Each side</p>	<p>DAY 30</p> <p><b>10 PISTOL SQUATS</b> OR your first one without support!</p>



**BACK SQUATS**



**SUPPORTED PISTOL SQUATS**



**PISTOL SQUATS**