

10,000 Squat Challenge in 30 Days

Exercise	No. of Reps
Basic Squat	50
Squat Pulses	30
Squat Jump	15
Plie Squat	30
Plie Squat Pulses	30
Narrow to Wide Squat Jump	15
Narrow Squat	30
Narrow Squat Pulses	30
Low Squat Jump	30
Squat with Side Leg Raise	30
180° Rotational Squat	15
Squat Hold	30 secs