# SQUAT CIRCUIT *Challenge!*

## 4 WEEKS TO 200 SQUATS

## THE PLAN

**DAY 1:** 6 reps of each
**DAY 2:** 10 reps of each
**DAY 3:** 6 reps of each, repeat 2x
**DAY 4:** Rest
**DAY 5:** 5 reps of each, repeat 3x
**DAY 6:** 10 reps of each
**DAY 7:** 8 reps of each, repeat 2x
**DAY 8:** Rest
**DAY 9:** 9 reps of each, repeat 2x
**DAY 10:** 6 reps of each, repeat 2x
**DAY 11:** 5 reps of each, repeat 4x
**DAY 12:** Rest
**DAY 13:** 7 reps of each, repeat 3x
**DAY 14:** 6 reps of each, repeat 2x
**DAY 15:** 5 reps of each, repeat 5x
**DAY 16:** Rest
**DAY 17:** 9 reps of each, repeat 3x
**DAY 18:** 5 reps of each, repeat 3x
**DAY 19:** 7 reps of each, repeat 4x
**DAY 20:** Rest
**DAY 21:** 10 reps of each, repeat 3x
**DAY 22:** 8 reps of each, repeat 2x
**DAY 23:** 8 reps of each, repeat 4x
**DAY 24:** Rest
**DAY 25:** 7 reps of each, repeat 5x
**DAY 26:** 6 reps of each, repeat 3x
**DAY 27:** 9 reps of each, repeat 4x
**DAY 28:** Rest
**DAY 29:** 12 reps of each, repeat 3x
**DAY 30:** 10 reps of each, repeat 4x