

# 30 day Challenge

スクワット



Let's get started!

♡ Day 1 50 Squat

♡ Day 2 55 Squat

♡ Day 3 60 Squat

♡ Day 4 Rest day

♡ Day 5 70 Squat

♡ Day 6 75 Squat

♡ Day 7 80 Squat

♡ Day 8 Rest day

♡ Day 9 100 Squat

♡ Day 10 105 Squat

♡ Day 11 110 Squat

♡ Day 12 Rest day

♡ Day 13 120 Squat

♡ Day 14 125 Squat

♡ Day 15 130 Squat

♡ Day 16 Rest day

♡ Day 17 150 Squat

♡ Day 18 155 Squat

♡ Day 19 160 Squat

♡ Day 20 Rest day

♡ Day 21 180 Squat

♡ Day 22 185 Squat

♡ Day 23 190 Squat

♡ Day 24 Rest day

♡ Day 25 220 Squat

♡ Day 26 225 Squat

♡ Day 27 230 Squat

♡ Day 28 Rest day

♡ Day 29 240 Squat

♡ Day 30 250 Squat