



MONIQUE NIKKOLE

30 DAY SIMPLE SQUAT CHALLENGE

DAY 1	15/50 SQUATS	DAY 16	80/115 SQUATS
DAY 2	20/55 SQUATS	DAY 17	85/120 SQUATS
DAY 3	25/60 SQUATS	DAY 18	90/125 SQUATS
DAY 4	30/65 SQUATS	DAY 19	95/130 SQUATS
DAY 5	35/70 SQUATS	DAY 20	100/135 SQUATS
DAY 6	40/75 SQUATS	DAY 21	REST DAY
DAY 7	REST DAY	DAY 22	105/140 SQUATS
DAY 8	45/80 SQUATS	DAY 23	110/145 SQUATS
DAY 9	50/85 SQUATS	DAY 24	115/150 SQUATS
DAY 10	55/90 SQUATS	DAY 25	120/155 SQUATS
DAY 11	60/95 SQUATS	DAY 26	125/160 SQUATS
DAY 12	65/100 SQUATS	DAY 27	130/165 SQUATS
DAY 13	70/105 SQUATS	DAY 28	REST DAY
DAY 14	REST DAY	DAY 29	135/170 SQUATS
DAY 15	75/110 SQUATS	DAY 30	140/175 SQUATS

TIP!

BREAK YOUR SQUATS UP THROUGHOUT YOUR DAY

LET'S GET THIS LADIES!

"DROP DOWN AND SQUAT!"

DOWNLOAD THE PDF
WWW.MONIQUENIKKOLE.COM

