

Lipstick Lifters **30 Day Squat Challenge**

Day	Weight	Reps x Sets	Day	Weight	Reps x Sets
1	None	10 X 3	16	Rest	Rest
2	5-10KG	10 X 3	17	20-25KG	10 X 3
3	5-10KG	10 X 4	18	20-25KG	10 X 4
4	5-10KG	10 X 5	19	20-25KG	10 X 5
5	None	10 X 5	20	15-20KG	10 X 5
6	Rest	Rest	21	Rest	Rest
7	10-15KG	10 X 3	22	25-30KG	10 X 3
8	10-15KG	10 X 4	23	25-30KG	10 X 4
9	10-15KG	10 X 5	24	25-30KG	10 X 5
10	5-10KG	10 X 5	25	20-25KG	10 X 5
11	Rest	Rest	26	Rest	Rest
12	15-20KG	10 X 3	27	30-35KG	10 X 3
13	15-20KG	10 X 4	28	30-35KG	10 X 4
14	15-20KG	10 X 5	29	30-35KG	10 X 5
15	10-15KG	10 X 5	30	25-30KG	10 X 5



For full instructions go to: www.lipsticklifters.com/30daysquats