

Squat Challenge Planner

day	target reps	achieved reps
week 1 variation: _____		
1		
2		
3	rest	
4		
5		
6		
7	rest	
week 2 variation: _____		
8		
9		
10	rest	
11		
12		
13		
14	rest	
week 3 variation: _____		
15		
16		
17	rest	
18		
19		
20		
21	rest	
week 4 variation: _____		
22		
23		
24	rest	
25		
26		
27		
28	rest	

