

# Squat Challenge Planner

Based on the challenge you have chosen (beginner/intermediate/advanced), fill out the target number of reps and squat variation for each week. Each day, perform the reps in as few sets as possible (maximum of 3). If you fail to get the reps, go back to the beginning of that week.

Day:	Target Reps:	Achieved Reps:
<b>Week 1 Squat Variation:</b> _____		
1		
2		
3		
4	<b>Rest</b>	
5		
6		
7	<b>Rest</b>	
<b>Week 2 Squat Variation:</b> _____		
8		
9		
10		
11	<b>Rest</b>	
12		
13		
14	<b>Rest</b>	
<b>Week 3 Squat Variation:</b> _____		
15		
16		
17		
18	<b>Rest</b>	
19		
20		
21	<b>Rest</b>	
<b>Week 4 Squat Variation:</b> _____		
22		
23		
24		
25	<b>Rest</b>	
26		
27		
28	<b>Rest</b>	

Record the number of reps you managed each day under the 'Achieved Reps' column.