

Reimagine Your Limits: 1000 SQUATS in 40 Days.



Break down reps into smaller sets.

1	2	3	4	5	6	7	8
50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST
9	10	11	12	13	14	15	16
50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST
17	18	19	20	21	22	23	24
50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST
25	26	27	28	29	30	31	32
50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST
33	34	35	36	37	38	39	40
50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST	50 SQUATS	REST

Your body, your rules.
Adjust the schedule as needed to avoid injury.

