



# Squats Challenge

If you're looking for an extra hit of motivation while social distancing, join the #VPSquatsChallenge

DAY 1 30 SQUATS	DAY 2 35 SQUATS	DAY 3 40 SQUATS	DAY 4 REST	DAY 5 50 SQUATS	DAY 6 55 SQUATS
DAY 7 60 SQUATS	DAY 8 REST	DAY 9 70 SQUATS	DAY 10 75 SQUATS	DAY 11 80 SQUATS	DAY 12 REST
DAY 13 100 SQUATS	DAY 14 105 SQUATS	DAY 15 110 SQUATS	DAY 16 REST	DAY 17 130 SQUATS	DAY 18 135 SQUATS
DAY 19 140 SQUATS	DAY 20 REST	DAY 21 150 SQUATS	DAY 22 155 SQUATS	DAY 23 160 SQUATS	DAY 24 REST
DAY 25 170 SQUATS	DAY 26 175 SQUATS	DAY 27 180 SQUATS	DAY 28 REST	DAY 29 190 SQUATS	DAY 30 200 SQUATS



Snap your squats and share them with us!  
**#VPSquatsChallenge**

The aim of the challenge is to take part at your own pace and incrementally add more squats each day. You can lower the daily goal or break it up throughout the day to make it achievable for your fitness level. Whatever works for you!

Ready to take your employee wellbeing program to the next level?  
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