

Day	Bodyweight	Weighted
1	Strict Squat 5 x 20	Barbell Box Squat 5 x 12
2	Squat Lateral Raise 5 x 10 And Jump Squat 5 x 10	KB Box Sumo Squat 5 x 12
3	Day 1 + Day 2 - 4 x 10 each exercise	Day 1 + Day 2 5 x 8 each exercise
4	Sumo Squat 5 x 20	Barbell Back Squat 5 x 12
5	Rest – Try Mobility & Stretch at 6.15 a.m. or Yoga at 8 p.m.	
6	Narrow Squat 5 x 20	Goblet Squat 5 x 12
7	Day 4 + Day 6 - 5 x 12	Day 4 + Day 6 3 x 12 each exercise
8	Oblique Squat 5 x 16	Landmine Squat to Press 5 x 12
9	Reaching Sumo Squat 5 x 10 and Pop Squat 5 x 10	Bulgarian Split Squat 5 x 12 (6 each leg)
10	Rest – Try Mobility & Stretch Class at 7.30 a.m.	
11	Day 8 and Day 9 - 4 x 10 each exercise	Day 8 and Day 9 - 3 x 12 each exercise
12	Curtsy Squat 5 x 16 (8 each Leg)	Barbell Step Up 5 x 12 (6 each leg)
13	Split Squat 5 x 16 (8 each leg)	Barbell Back Squat 5 x 12
14	Rest – Try Stick Mobility at 8 a.m.	
15	Day 12 and Day 13 - 5 x 10 each exercise (5 each leg)	Day 12 and Day 13 - 3 x 12 each exercise
16	Basic Squat 6 x 20	Deck Squat 5 x 12
17	Jump Squat 6 x 10 and Oblique Squat 6 x 10	Goblet Squat 5 x 12
18	Day 16 and Day 17 – 5 x 10 each exercise	Day 16 and Day 17 – 3 x 12 each exercise
19	Rest – Try Mobility & Stretch at 6.15 a.m. or Yoga at 8 p.m.	
20	Pistol Squat 5 x 14 (7 each leg)	Barbell Back Squat 5 x 12
21	Alt Squat to Lunge 5 x 20	Barbell Step Up 5 x 12 (6 each leg)
22	Jump Squat 5 x 20	Barbell Reverse Lunge 5 x 12 (6 each leg)
23	Day 21, 21 and 22 - 4 x 10	Day 21, 21 and 22 - 3 x 8
24	Rest – Try Mobility & Stretch at 7.30 a.m.	
25	Squat with Lateral Raise 5 x 10 and Strict Squat 5 x 12	Box Sumo Squat 5 x 12
26	Split Squat 5 x 16 (8 each leg)	Landmine Squat 5 x 12
27	Day 25 + Day 26 – 5 x 8 each exercise	Day 25 + Day 26 – 3 x 12 each exercise
28	Rest – Try Stick Mobility at 8 a.m.	
29	You Choose – 100 Reps	You Choose – 100 Reps
30	100 Deck Squats (Target 10 mins) M: 16kg Yellow, F: 12kg Blue OR BB Back Squat AMRAP M:135lb, F: 95lb Loaded bar (Max reps, no rest)	

Total Reps:

Body weight: 2330 (approx. 100 squats per day 24 days)

Weighted: 1612 (approx.. 67 squats per day over 24 days)

Toning/Bodyweight only

Strict (Basic) Squat

Squat with Lateral Raise

Plie or Sumo Squat

Narrow Squat

Oblique Squat

Reaching Sumo Squat

Pop Squat

Curtsy Squat

Split Squat

Alt Squat to Lunge

Jump Squat

[Modified] Pistol Squat (box, band, roll-out)

Growth/Weighted

Barbell Box Squat

Barbell Back Squat

KB Box Sumo Squat

Goblet Squat

Landmine Squat [to Press]

Barbell Step Up

Bulgarian Split Squat

Deck Squat

Barbell Reverse Lunge