

# 25 Days of Squat-mas

and a happy new rear!

① Basic Squat 30 reps	② Sumo Squat 30 reps	③ Basic Squat 40 reps	④ Sumo Squat 40 reps	⑤ Basic Squat + Sumo 25 of each
⑥ REST	⑦ Curtsy Squat 40 total reps	⑧ Narrow Squat 40 reps	⑨ Curtsy Squat 50 total reps	⑩ Narrow Squat 50 reps
⑪ Curtsy + Narrow Squat 30 of each	⑫ REST	⑬ Basic Squat 60 reps	⑭ Sumo Squat 60 reps	⑮ Basic Squat 70 reps
⑯ Sumo Squat 70 reps	⑰ Basic Squat + Sumo 50 of each	⑱ REST	⑲ Curtsy Squat 60 total reps	⑳ Narrow Squat 60 reps
㉑ Curtsy Squat 70 total reps	㉒ Narrow Squat 70 reps	㉓ Curtsy + Narrow Squat 50 of each	㉔ REST	㉕ 30 of every exercise = 120 reps!

Merry Happy Everything!

