





Squatember 2.0

Fill in the squat icon for each day you complete!

Sept. 8	Sept. 9	Sept. 10	Sept. 11	Sept. 12	Sept. 13	Sept. 14
					Rest day	
Sept. 15	Sept. 16	Sept. 17	Sept. 18	Sept. 19	Sept. 20	Sept. 21
			Rest day			
Sept. 22	Sept. 23	Sept. 24	Sept. 25	Sept. 26	Sept. 27	Sept. 28
	Rest day					

Scan for squat playlist



Scan for challenge page

