

35 Tage Squat-Challenge

WOCHE 1

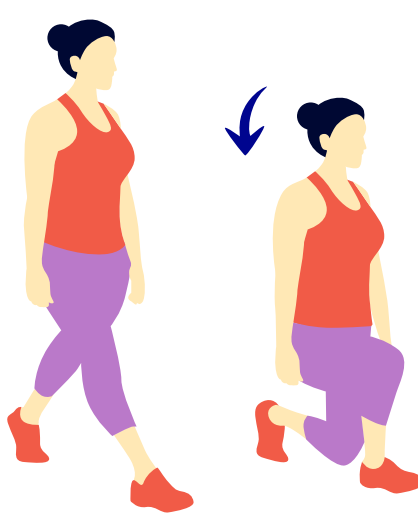
Standard-Kniebeuge



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6	TAG 7
20 Squats	30 Squats	Pause	40 Squats	50 Squats	Pause	60 Squats

WOCHE 2

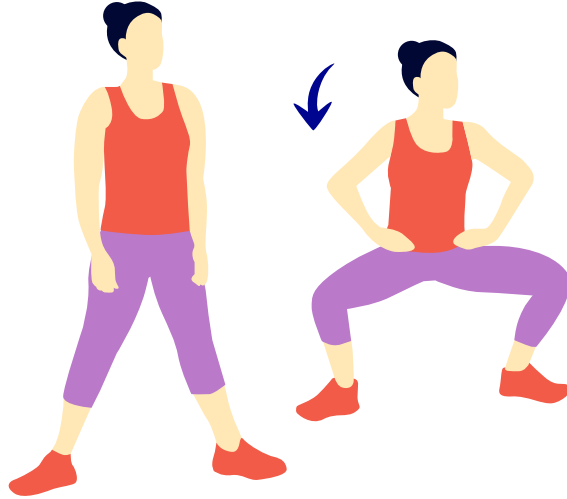
Geteilte Kniebeuge



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6	TAG 7
20 Squats	30 Squats	Pause	40 Squats	50 Squats	Pause	60 Squats

WOCHE 3

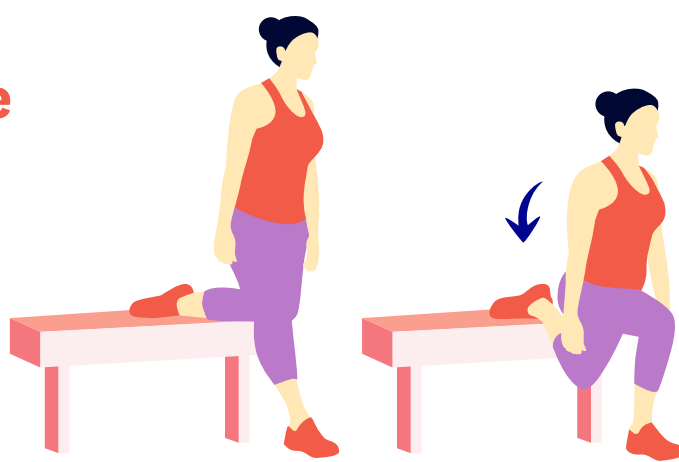
Sumo-Kniebeuge



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6	TAG 7
20 Squats	30 Squats	Pause	40 Squats	50 Squats	Pause	60 Squats

WOCHE 4

Geteilte Kniebeuge mit angehobenem hinterem Fuß



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6	TAG 7
20 Squats	30 Squats	Pause	40 Squats	50 Squats	Pause	60 Squats

WOCHE 5

Gefangenen-Kniebeuge



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6	TAG 7
20 Squats	30 Squats	Pause	40 Squats	50 Squats	Pause	60 Squats

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Standard-Kniebeuge



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TAG 2

30 Squats

TAG 3

Pause

TAG 4

40 Squats

TAG 5

50 Squats

TAG 6

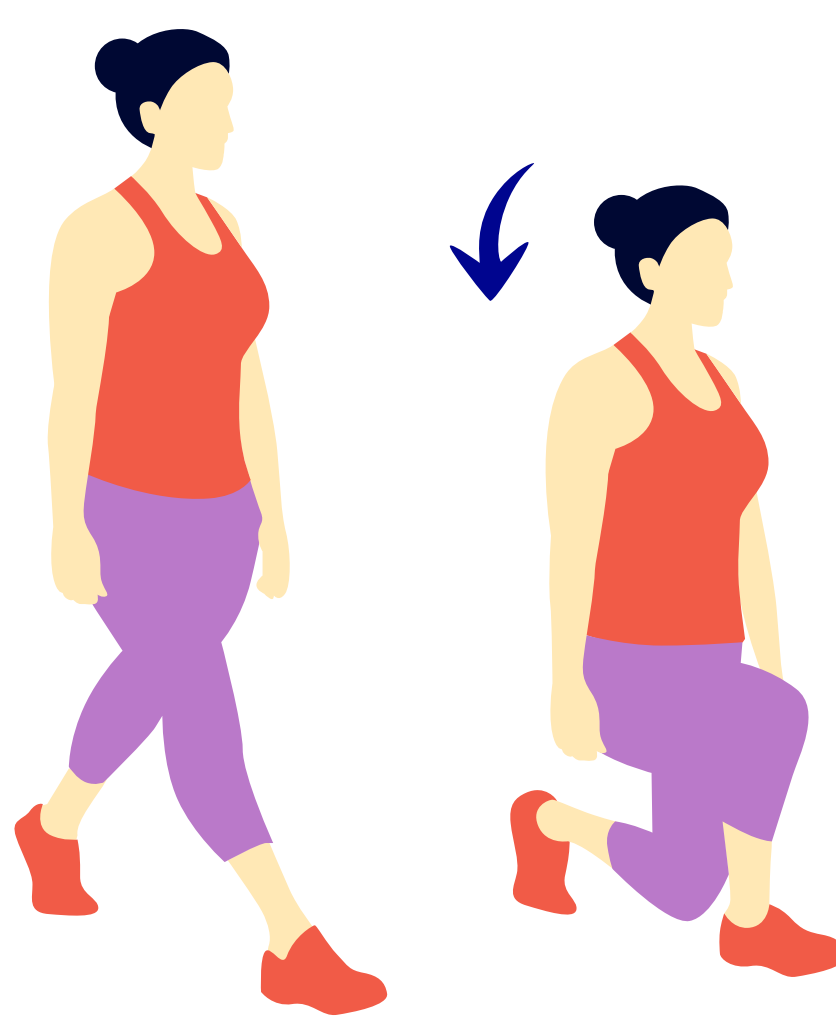
Pause

TAG 7

60 Squats

WOCHE 2

Geteilte Kniebeuge



TAG 1

20 Squats

TAG 2

30 Squats

TAG 3

Pause

TAG 4

40 Squats

TAG 5

50 Squats

TAG 6

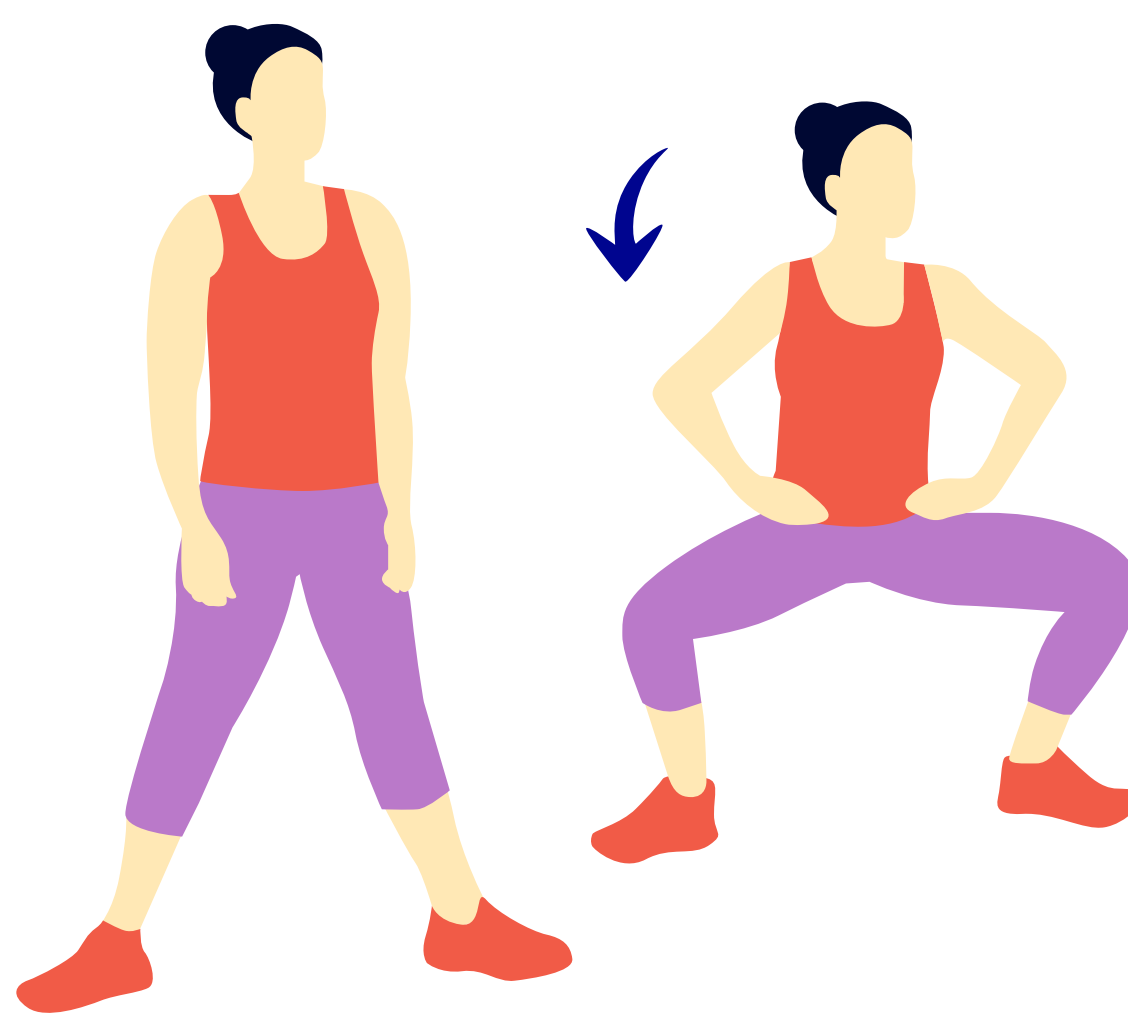
Pause

TAG 7

60 Squats

WOCHE 3

Sumo-Kniebeuge



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20 Squats

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30 Squats

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Pause

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40 Squats

TAG 5

50 Squats

TAG 6

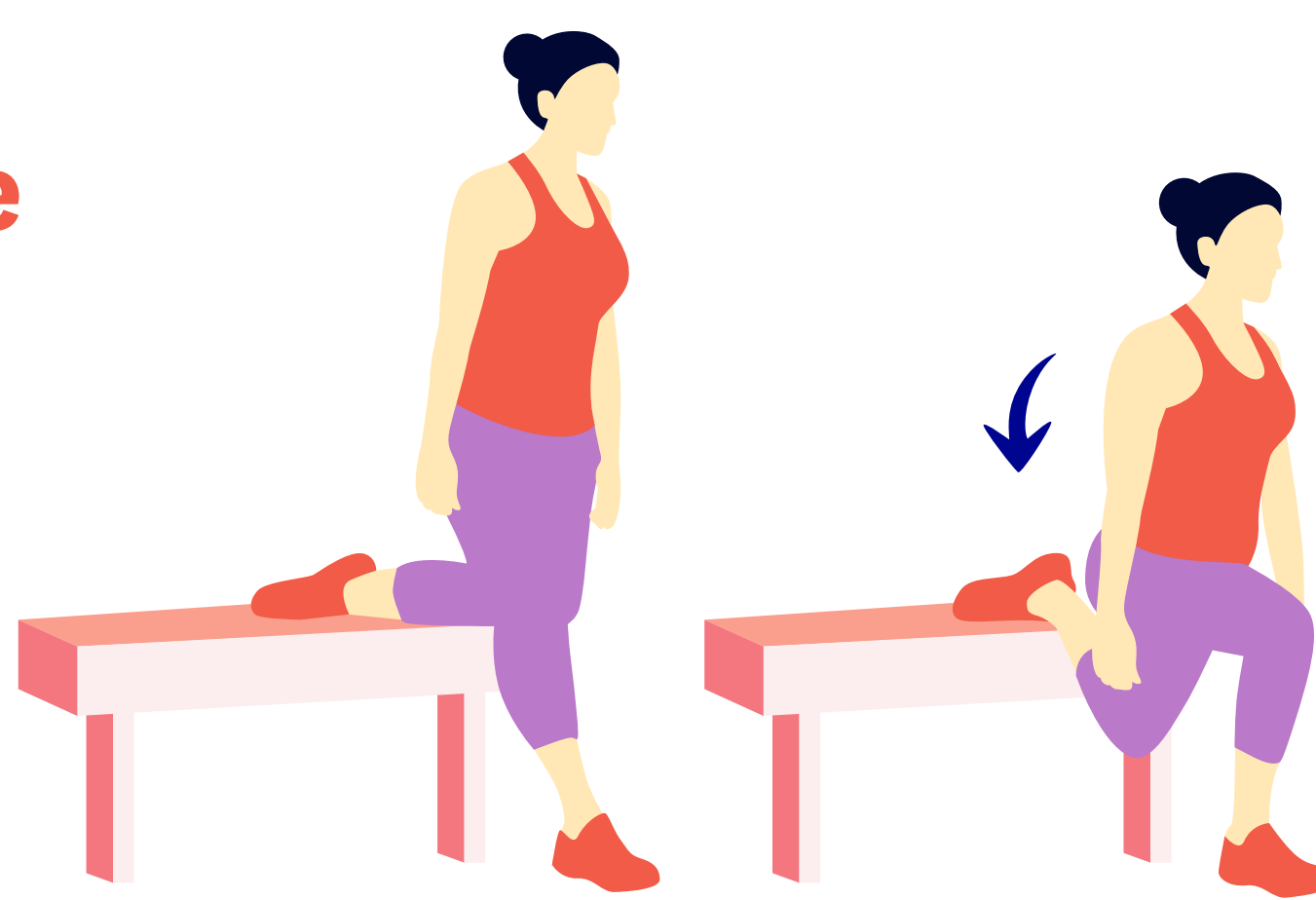
Pause

TAG 7

60 Squats

WOCHE 4

Geteilte Kniebeuge mit angehobenem hinterem Fuß



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