

35 Tage Squat-Challenge

WOCHE 1

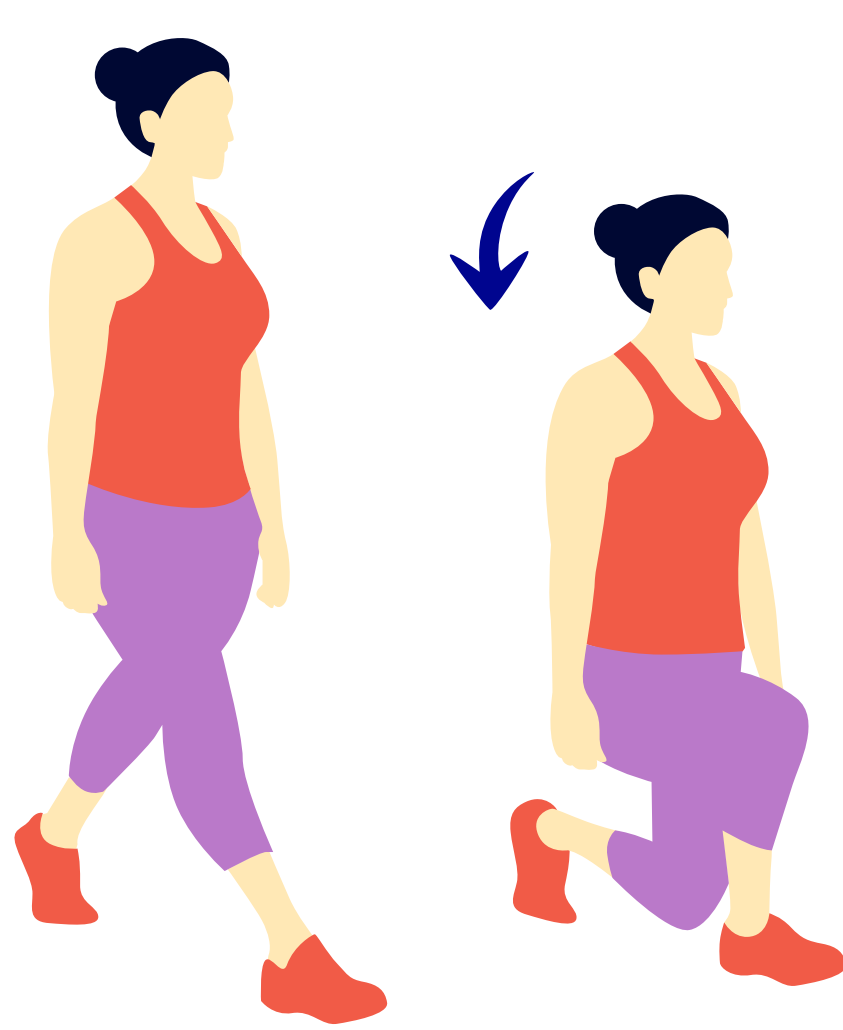
Standard-Kniebeuge



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

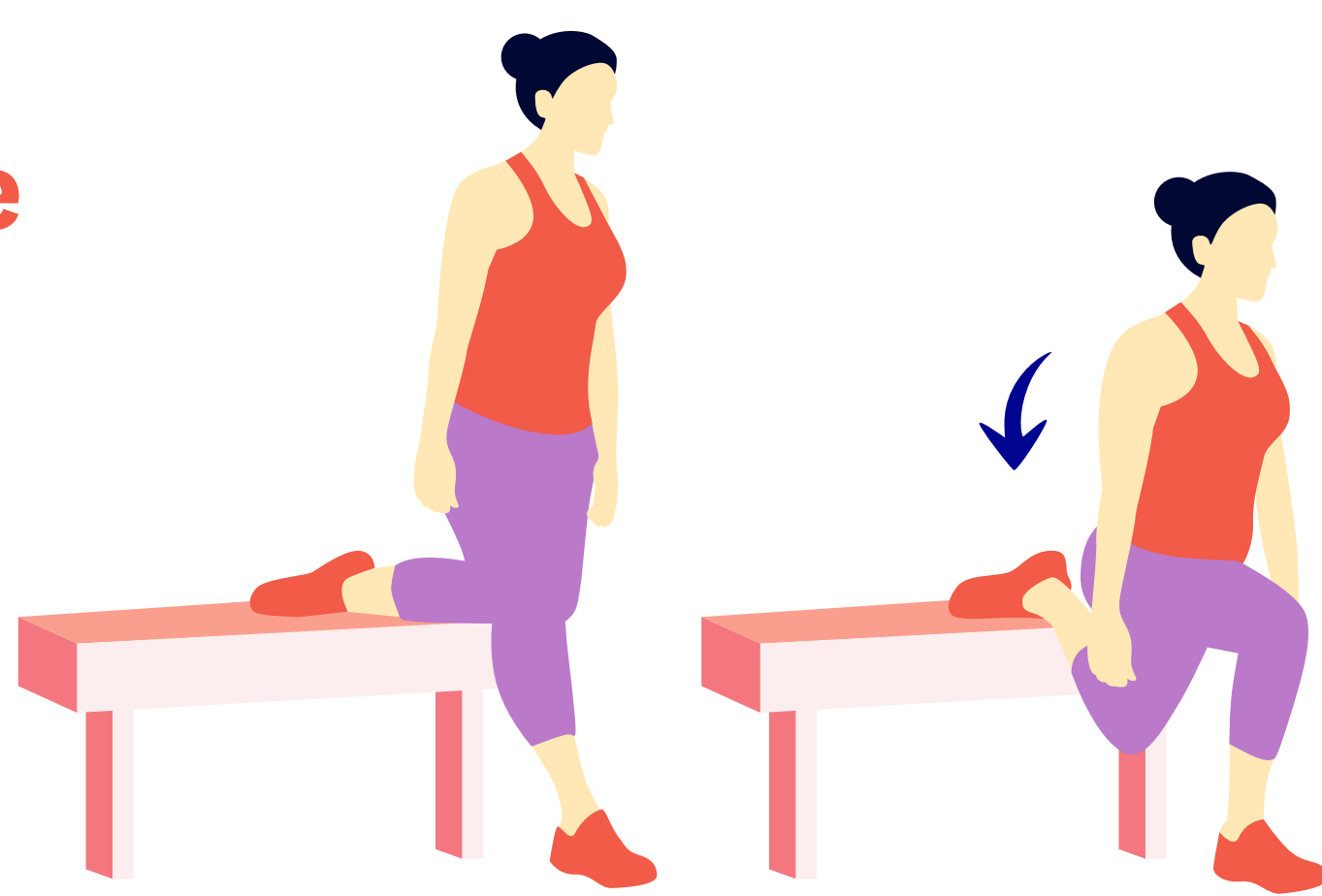
Sumo-Kniebeuge



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