

30 Day Kettlebell Squat Challenge

1 10 REPS Goblet Kettlebell Squats	2 15 REPS Two Handed Kettlebell Squats	3 10 REPS Goblet Kettlebell Squats	4 15 REPS Two Handed Kettlebell Squats	5 20 REPS Goblet Kettlebell Squats
6 8 REPS each side Racked Kettlebell Squats	7 20 REPS Two Handed Kettlebell Squats	8 15 REPS Goblet Kettlebell Squats	9 8 REPS each side Racked Kettlebell Squats	10 15 REPS Two Handed Kettlebell Squats
11 30 REPS Goblet Kettlebell Squats	12 8 REPS each side Kettlebell Thruster	13 30 REPS Two Handed Kettlebell Squats	14 10 REPS each side Racked Kettlebell Squats	15 30 REPS Goblet Kettlebell Squats
16 10 REPS Kettlebell Deck Squats	17 12 REPS each side Kettlebell Thruster	18 20 REPS Kettlebell Deck Squats	19 15 REPS each side Racked Kettlebell Squats	20 15 REPS Two Handed Kettlebell Squats
21 35 REPS Goblet Kettlebell Squats	22 10 REPS each side Overhead Kettlebell Squats	23 10 REPS Kettlebell Deck Squats	24 15 REPS each side Racked Kettlebell Squats	25 15 REPS each side Overhead Kettlebell Squats
26 15 REPS Kettlebell Deck Squats	27 40 REPS Goblet Kettlebell Squats	28 5 REPS each side Kettlebell Pistol Squats	29 25 REPS Kettlebell Deck Squats	30 5 REPS each side Kettlebell Pistol Squats