

JustEnjoyThis



7 day challenge

Squat challenge

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
20 Squats	15 Jumping Squats	25 Squats	20 Jumping Squats	30 Squats	20 Jumping Squats	25 Squats 15 Jumping Squats