



SQUATS

8 week challenge

DAY 1
HOW LONG COULD I HOLD



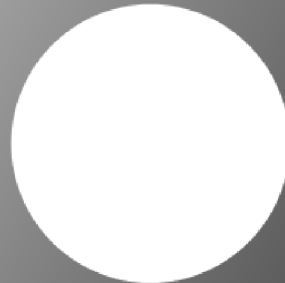
DAY 2
HOW I FEEL



DAY 3
HOW I FEEL



DAY 4
HOW I FEEL



DAY 5
HOW I FEEL



DAY 6
HOW I FEEL

