

July

Squat it like its Hot Booty Challenge

HOSTED BY @FITTYBRITTTTY + SPONSORED BY @DBMETHOD

100 SQUATS A DAY, 31 DAYS.

SUN	MON	TUES	WED	THUR	FRI	SAT
1 CURTSY SQUATS	2 FULL SQUATS	3 CHAIR SQUATS	4 SQUAT JUMPS	5 BARRE SQUATS	6 SIDE LEG LIFT SQUATS	7 WALL SQUAT
8 SQUAT KICKBACKS	9 SIT DOWN SQUATS	10 INNER THIGH SQUEEZE SQUATS	11 SUMO SQUATS	12 SQUAT PULSE PULSE	13 SQUAT LUNGES	14 FIGURE 4 SQUATS
15 NARROW SQUATS	16 PLANK SQUATS	17 LOW SQUAT PULSES	18 CRISS CROSS JACK SQUATS	19 ALT. SIDE SINGLE LEG SQUATS	20 PILE SQUATS	21 NARROW SQUAT KICKBACKS
22 WALKING SIDE QUATS	23 TIP TOE NARROW SQUAT PULSES	24 SQUATS W/ INNER LEG SIDE SWEEP	25 SUMO JUMP SQUATS	26 FROG SQUATS	27 SQUATS W/ OBLIQUE CRUNCH	28 SQUAT JACKS
29 FORWARD JUMP SQUATS	30 SQUAT KNEE DROPS	31 PILE SQUATS W/LIFTED HEELS	#SQUATITLIKEITSHOT #MISSJULYBOOTY #DBMETHOD			

