

# 28-Day Two Way Squat Challenge

Trim fat and reshape your butt, strengthen your glutes, and tone jiggly thighs in just 30 days with this intense lower body workout routine from vegan chef, health coach and ex-fitness trainer Deborah Cooper.

Day 1: 25 squats - 10 split squats each leg

Day 2: 30 squats - 15 split squats each leg

**Day 3: Rest**

Day 4: 35 squats - 18 split squats each leg

Day 5: 40 squats - 20 split squats each leg

Day 6: 45 squats - 22 split squats each leg

**Day 7: Rest**

Day 8: 50 squats - 25 split squats each leg

Day 9: 55 squats - 25 split squats each leg

Day 10: 60 squats - 25 split squats each leg

Day 11: 65 squats - 28 split squats each leg

**Day 12: Rest**

Day 13: 70 squats - 30 split squats each leg

Day 14: 75 squats - 30 split squats each leg

Day 15: 80 squats - 30 split squats each leg

Day 16: 85 squats - 30 split squats each leg

**Day 17: Rest**

Day 18: 90 squats - 35 split squats each leg

Day 19: 95 squats - 35 split squats each leg

**Day 20: Rest**

Day 21: 100 squats - 35 split squats each leg

Day 22: 105 squats - 40 split squats each leg

Day 23: 115 squats - 40 split squats each leg

Day 24: 120 squats - 40 split squats each leg

**Day 25: Rest**

Day 26: 125 squats - 45 split squats each leg

Day 27: 130 squats - 45 split squats each leg

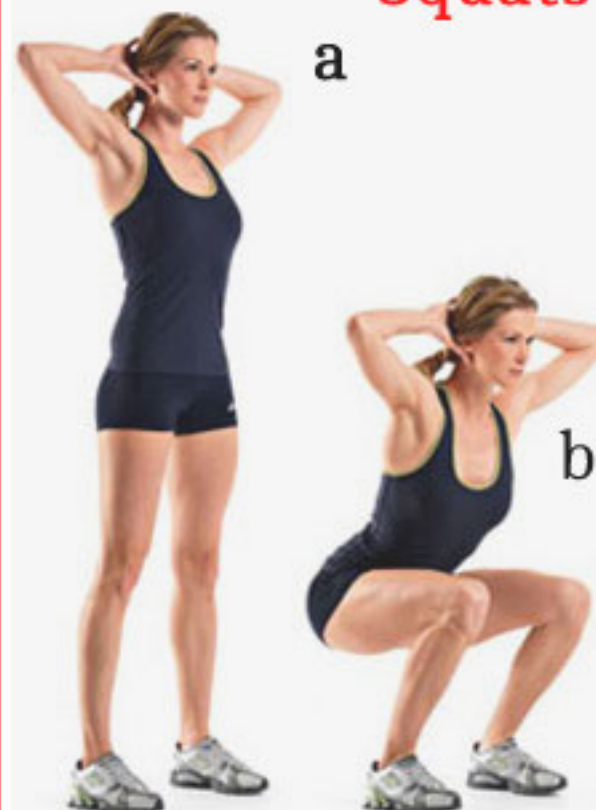
Day 28: 150 squats - 50 split squats each leg

Measure your hips and thighs before you begin, and again at the end to chart success.

If you feel bodyweight is too easy, just add a medicine ball or dumbbells to increase resistance.

Feel free to split workout into 2-3 segments per day as volume increases.

## Squats



## Split Squats



Get more info or order your copy of *Why Vegan is the New Black* at <http://www.whyveganisthenewblack.com>