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# 30 day squat challenge printable pdf online game



## THE 30 DAY SQUAT AND PLANK CHALLENGE

### BEGINNER LEVEL

The Funest Exercises/The Body Workout

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 Squats	15 sec Plank 3 times/day	30 Squats	15 sec Plank 3 times/day	35 Squats	15 sec Plank 3 times/day	Rest Day
40 Squats	20 sec Plank 3 times/day	45 Squats	20 sec Plank 3 times/day	50 Squats	20 sec Plank 3 times/day	Rest Day
55 Squats	25 sec Plank 3 times/day	60 Squats	25 sec Plank 3 times/day	65 Squats	25 sec Plank 3 times/day	Rest Day
70 Squats	30 sec Plank 3 times/day	75 Squats	30 sec Plank 3 times/day	80 Squats	30 sec Plank 3 times/day	Rest Day
85 Squats	35 sec Plank 3 times/day					Rest Day

©The Body Workout

\*Warm up before doing this program. Do cool down stretches to end the routine.

## 30 DAY SQUAT CHALLENGE

### Beginner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
25 Squats	25 Squats	30 Squats	REST DAY	30 Squats	35 Squats
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
35 Squats	REST DAY	40 Squats	40 Squats	45 Squats	REST DAY
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
45 Squats	50 Squats	50 Squats	REST DAY	55 Squats	55 Squats
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
60 Squats	REST DAY	60 Squats	65 Squats	65 Squats	REST DAY
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
70 Squats	70 Squats	75 Squats	REST DAY	75 Squats	80 Squats

## spring break SQUAT CHALLENGE

**week one:** February 10th - February 16th

- day 1: 25 squats
- day 2: 30 squats
- day 3: 35 squats
- day 4: 40 squats
- day 5: 45 squats
- day 6: 50 squats
- day 7: 55 squats

**week two:** February 17th - February 23rd

- day 1: 35 squats
- day 2: 40 squats
- day 3: 45 squats
- day 4: 50 squats
- day 5: 55 squats
- day 6: 60 squats
- day 7: 65 squats

**week three:** February 24th - March 2nd

- day 1: 45 squats
- day 2: 50 squats
- day 3: 55 squats
- day 4: 60 squats
- day 5: 65 squats
- day 6: 70 squats
- day 7: 75 squats

**week four:** March 3rd - March 9th

- day 1: 55 squats
- day 2: 60 squats
- day 3: 65 squats
- day 4: 70 squats
- day 5: 75 squats
- day 6: 80 squats
- day 7: 85 squats

march 10th: 90 squats  
march 11th: 95 squats  
march 12th: 100 squats  
march 13th: 100 squats  
march 14th: 100 squats

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Do you love PvP action? Additionally, other versions of the game have been released for Xbox 360, Xbox One, Playstation 3, Playstation 4, Android and iOS phones and more. For Tolkien enthusiasts, the game is almost a Middle Earth theme park that you can visit from the comfort of your own home Photo Courtesy: @lotro/Twitter While some content does require a purchase, you can earn most of it for free with a bit of patience. While the most obvious tweak was a shift to a limited free-to-play model less than a year after release, there have been a lot of more subtle changes that are good news for everyone. Entertaining online games come in many formats, ranging from colorful casino-style games and arcade-style classics to the most intricate role-playing games set in elaborate worlds. When starting the game, you "buy" a race car, customize it to meet your personal specifications, and then race against other cars to see who gets bragging rights. While the mod can trace its origins to a mod made for Warcraft III called Defense of the Ancients (commonly abbreviated DotA), Dota 2 is a game in its own right. As long as you have a computer, you have access to hundreds of games for free. League of Legends tournaments are popular e-Sport events, so if you'd like to watch the pros go at it before trying the game out for yourself, you certainly can. While the game is admittedly dated at this point — it was released in 2010 — it continues to have an active fan base. For regular players looking for a free game to enjoy, however, Dota 2 is still a good time. Forza Motorsport 6 Apex RPGs and MOBAs aren't for everyone. Photo Courtesy: CasarsaGuru/E+/Getty Images Online gaming offers a great way to pass the time (particularly when we're all quarantined), plus it helps build manual dexterity skills and potentially enhances problem-solving abilities, depending on the games chosen. Photo Courtesy: @ArtStationHQ/Twitter Killer Instinct With the Killer Instinct game, you can play as one character for free, but if you want to expand your character options, you have to shell out some cash. Manual dexterity is also needed as you progress through the game. Players engage in an epic battle to be the last one standing in a game of intense yet zany combat gun and melee combat. You can comfortably play solo all the way up to level 60. Adding to the kid appeal, it only takes a couple of hours to play through the full game, on average. Photo Courtesy: @RuneScape/Twitter The Awesome Adventures of Captain Spirit The Awesome Adventures of Captain Spirit is a sequel to the popular game Life Is Strange. CCO/EvanLe/Pixabay Lord of the Rings Online Lord of the Rings Online may have been released in 2007, but while many other MMOs from that time have fallen by the wayside, this game continues on, in part because it appeals to hardcore fans. The game pushes players to use memory and logic skills to protect a colony of humans from hordes of monsters. If the numerous classes, weapons, characters and areas get old, you can always use the included map generation tool and mod kit to create your own dream bug hunt. League of Legends League of Legends has been around for more than a decade, and it's still going strong. Some characters are only available through purchasing, but players can enjoy the game without buying extra characters if desired. The game has a 4.5-star rating on TechRadar, partially due to fun combat scenarios and the vibrant gaming environment. Photo Courtesy: @\_1\_1\_f\_e\_/Twitter Drag Racer V3 Like drag racing games? Created by Blizzard Entertainment, the developer of the wildly popular World of Warcraft, the game requires players to set up a Battle.net account to play, but game play is free once you complete that step. Forza Motorsport 6 Apex is a free online racing game that's essentially a slimmed down version of Forza Motorsport 6 for the Xbox One. Drag Racer V3 offers some fun, free online game play for all the racing fans out there. You get time to build up some protective structures before the competition battle, so get started gathering resources right away. Of course, the cost of playing some online games can quickly add up, particularly if you opt for the more elaborate RPGs that often require monthly fees and in-game purchases that are necessary to succeed. This game requires Adobe Flash Player to play, and it's available as a mobile app as well as an online game. The game allows you to play with friends in the same world, or you can make all new ones. While knowledge of the greater Warcraft universe can make the cards themselves more enjoyable, no knowledge of previous games is necessary to enjoy Hearthstone. Negatives include limited weapons and monsters and environments that could use some work. From MMOs to RPGs to racing games, check out 14 of the best free online games. Star Wars: The Old Republic Star Wars: The Old Republic received a lukewarm response when it launched in 2011, but several changes since then have significantly opened up the appeal of the game. Photo Courtesy: @FNBRLeaks/Twitter League of Legends Video game developer Riot Games created League of Legends to appeal to fans of the popular World of Warcraft online game. Despite its character limitations, it has an 8.4 rating on IGN, partially due to the fluidity of the fighting moves. MORE FROM QUESTIONSANSWERED.NET Photo Courtesy: Chesnot/Getty Images Impressively, League of Legends has been so successful that its maker, Riot Studios, has had little need to put out other titles. While you only have six tracks to choose from, they're the same as the original game, and you have your choice of sixty cars to race on them with some truly phenomenal graphics. Considering the rewards are fighting orcs in Mordor and protecting pies from hungry hobbits in equal measure, the rewards are well-worth it. It has a basic rule set that's easy to learn but difficult to master. Featuring game play for up to 12 simultaneous players and various game modes that even let players change the size and shape of their balls, GWYF offers a fun solution to boredom. Photo Courtesy: Joe Klamar/Getty Images Only interested in the story? Colorful graphics further add to the appeal of the game. Your snake eats nectar and bugs, but if it touches another snake, then it's game over for your slinky friend. In fact, the main downside of the game is simply that you need a powerful computer to run it at maximum graphic settings. Fortnite Battle Royale Fortnite Battle Royale took off to become possibly the most popular game of 2018, and in doing so, it reinvigorated the battle royale game genre, with competitors like Call of Duty: Warzone soon springing up in its wake. Ideally, you want to find free online games that are still a lot of fun to play. Best of all, you no longer need to spend money to avoid endless grinding. You can skip all the way to level 60 upon character creation. It features hundreds of quests for players to complete to achieve this goal. Even better, you can play in quarantine with your friends! Golf with Your Friends supports and enhances hand-eye coordination, with players banking golf balls off obstacles and around corners to reach the holes in the fewest possible shots. Pinball Arcade While there are many pinball games out there to choose from, Pinball Arcade is special in that it attempts to recreate actual pinball machines so that you can play them from the comfort of your home. Photo Courtesy: @dourardcaptain/Twitter Starcraft II The strategy game Starcraft II drops players into different galactic environments, where they take on various challenges to conquer the galaxy. It's similar to the early versions of snake games, but the graphics are vastly improved. The base game on Steam comes with Frankenstein, Flight 2000, Ripley's, Starship Troopers and Star Trek Vengeance Premium tables, and you can pay for more if you enjoy the game enough. Online play is possible through PC, Xbox One, PlayStation 4, iOS and Android devices. Photo Courtesy: Bloomberg/Getty Images Hearthstone: Heroes of Warcraft Hearthstone: Heroes of Warcraft is a free online game modeled after the Magic: The Gathering card game. Photo Courtesy: @JohanRusch2/Twitter Fortnite Battle Royale Fortnite Battle Royale drops you into a world with 99 other players, all with the goal of being the last player standing at the end of the battle. This fast-moving, aggressive game teaches both teamwork skills and logic. There's never been a better time to visit a galaxy far, far away. Alien Swarm Alien Swarm is a free online game available from Valve that pits you and up to three friends against alien monsters. Players must work together to dominate the map in a fantasy world, and the game takes skill and practice — not to mention good teammates — to master. Photo Courtesy: @GoliWYF/Twitter Runescape As the world's most popular MMO (massively multiplayer online) role-playing game, Runescape has been around for quite some time. One of these top free online games may offer the perfect solution. Photo Courtesy: @Dauntless.com/Twitter Little Big Snake Little Big Snake is a skills game that enhances manual dexterity and puzzle solving skills. PCMag gave it a "Good" rating, praising its easy learning curve and cross-compatibility with game consoles. Photo Courtesy: @StarCraft/Twitter MORE FROM QUESTIONSANSWERED.NET Photo Courtesy: Gallo Images/Getty Images Gaming is a billion dollar industry, but you don't have to spend a penny to play some of the best games online. Photo Courtesy: Suzi Pratt/Getty Images While the game remains one of the biggest names in e-sports, Dota 2 has seen a decline in player numbers since its release in 2013. The concept of the game is similar to Super Smash Bros., and players can pick up mascots from other popular games, such as Halo and Battletoads. The hunt for good monster-themed games to play free online has increased significantly since the release of the successful Monster Hunter series. Currently entertaining players with its third incarnation, the game drops players into a world filled with different cultures battling a host of angry gods for supremacy. Captain Spirit is the alter-ego of a nine-year-old named Chris, which means this is a kid-friendly game that isn't packed with violence like some other adventure games. Riot Games also organizes various Esports tournaments, including League of Legends tournaments with prizes in excess of \$1 million for skilled players to compete to win. Dauntless Dauntless is a free online monster-hunting game. It wasn't until 2019, a full decade after League of Legends' release, that Riot Studios put out its second game, Teamfight Tactics. Dota 2 Similar to League of Legends, Dota 2 is a multiplayer online battle arena (MOBA) game with players competing for control of a map. Photo Courtesy: @maximilian\_/Twitter Golf with Your Friends If you enjoy a round or two of putt putt golf, you may be thrilled to hear you can play without braving the elements. Created by Phantom Games, it pits you against other racers to fan the flames of competition. Unlike some free online card games, you also don't need to spend money to have a competitive deck.



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