100 Squat Challenge

Advanced | 4 min | 39 Kcal

1		Squat	x25 Reps
Rest			20 Seconds
2		Squat	x25 Reps
Rest			20 Seconds
3		Squat	x25 Reps
Rest			20 Seconds
4		Squat	x25 Reps

Buttify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

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