

WFYD Virtual Bootcamp

Saturday, 5/9



SURPRISE SATURDAY CHALLENGE 😊

ARE YOU UP FOR THE CHALLENGE?

Every hour on the hour, do that many sets of 5 squats...

For example:

At 9am, 9x5, for 45 Squats

At 10am, 10x5, do 50 Squats

At 11am, 11x5, do 55 Squats

At 12pm, 12x5, do 60 Squats (!!!)

At 1pm, 1x5, do 5 Squats

At 2pm, 2x5, do 10 Squats

And so on!

If you follow this Surprise Saturday Challenge from 9am to 9pm, you'll have done over 400 squats... (Do as many as you can!)

Share with me how many you've done! Email me or message me on Instagram!

GOOD LUCK!