

G&F SAMPLE '120' SQUATS GUIDE

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1 30 SQUATS	2 BREAK	3 30 SQUATS	4 BREAK	5 30 SQUATS	6 BREAK	7 BREAK
8 60 SQUATS	9 BREAK	10 60 SQUATS	11 BREAK	12 60 SQUATS	13 BREAK	14 BREAK
15 90 SQUATS	16 BREAK	17 90 SQUATS	18 BREAK	19 90 SQUATS	20 BREAK	21 90 SQUATS
22 BREAK	23 120 SQUATS	24 BREAK	25 120 SQUATS	26 120 SQUATS	27 BREAK	28 120 SQUATS