

Black Women Losing Weight's 21 Day Step and Squat Challenge

BlackWeightLossSuccess.com



#BWLWJuly

Day Squats - Step Range

1	15 - 4000/7000
2	20 - 4500/7500
3	30 - 5000/8000
4	Rest Day
5	35 - 5500/8500
6	40 - 6000/9000
7	45 - 6500/10,000
8	Rest Day
9	45 - 7000/10,500
10	50 - 7500/11,000

11	55 - 8000/11,000
12	60 - 8500/11,500
13	Rest Day
14	50 - 9000/12,000
15	55 - 9500/13,000
16	60 - 10,000/13,500
17	65 - 10,500/14,000
18	Rest Day
19	50 - 11,000/15,000
20	65 - 11,500/15,500
21	70 - 12,000/16,000