

30 DAY HIIT SQUAT CHALLENGE TO ENHANCE YOUR ATHLETICISM

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Check out [article](#) for more info

If you want to take on the high-intensity squat challenge to scale your fitness to the next level, I can help you.

In this article, I've designed an ultimate, easy-to-follow, and effective 30-day HIIT squat challenge that can **sculpt your legs**, enhance your athleticism, promote cardiovascular health, and help you shape your physique.

This program requires no special equipment; all you need is a little space at your home where you can hop and lie comfortably.

About The HIIT Squat Challenge

Squat Variations/Session

This program involves performing five **different squat variations** in each session so all your leg muscles can engage.

Sessions/Week

You'll squat five days a week. The rest two days of the week will be for the recovery.

Duration/Session

From five to 20 minutes per session, you can train as long as you want. For example, I've been working out for a while, so I do 15 minutes of high-intensity squat training, but if you're a beginner and want to bolster your foundational fitness, you can start with a five-minute session.

Program Goal

This routine will help you **strengthen your legs and glutes**, improve your lower body muscle definition, as well as maximize your athletic performance.

Equipment Needed

You don't need any special equipment to follow this challenge. However, having dumbbells or kettlebells allows you to **add additional resistance to the squats** and will help you stimulate muscle growth.

Target Gender

Males and females can both try this dare to improve their overall fitness.

30-Day HIIT Squat Workout to Enhance Your Athleticism

Day 1

- 10 Squat Jumps, 15-sec rest
- 20 Lateral Squats (10 reps on each side), 15-sec rest
- 12 Split Jump Squat (6 reps per leg), 30-sec rest

- 10 Pop Squats, 15-sec rest
- 20 [Squats with kickback](#) (10 reps/leg), 2-minute rest, then go for the next round.
- Perform five rounds for time.

Day 2

- 10 Box/Bench Squats, 15-sec rest
- 15-sec Lateral Squat Walk, 30-sec rest
- 10 Squat to Calf Raises, 30-sec rest
- 10 [Squat Thrusts](#), 30-sec rest
- 15-sec Squat Pulses, 2-min rest.
- Repeat four to five times.

Day 3

Let your leg muscles recover.

Day 4

- 15-sec Air Squats, 15-sec interval
- 12 [Lateral Squat Jumps](#) (6 reps on each leg), 30-sec interval
- 10 Sumo Squats, 15-sec interval
- 10 [Roll to Squat](#), 30-sec interval
- 15-sec Squat Pulses, 2-min rest.
- Shoot for 5-6 rounds for time.

Day 5

- 15-sec Jumping Jacks, 15-sec interval
- 10 Prisoner Squats, 15-sec interval
- 12 Snowboard Hops (6 reps on each side), 30-sec interval
- 10 Toe Squats, 30-sec interval
- 10 **Kneeling Squat Jump**, 2-min break.
- Perform five to six rounds.

Day 6

- 10 Rolling Squats, 30-sec interval
- 10 Squat Thrusts, 30-sec interval
- 12 **Squat with Front Kicks** (6/side), 30-sec interval
- 12 Split Squat Jumps (6/side), 30-sec interval
- 12 Squats with Knee-to-Elbow (6/side), 2-minute break.
- Repeat five to six times.

Day 7

Take a rest day and avoid leg exercises.

Day 8

- 15-sec Squat Pulses, 15-sec break
- 12 Lateral Jump Squats (6 reps/side), 30-sec break
- 10 Air Squats, 15-sec break
- 12 Lateral Walk Squats (6 reps on each side), 30-sec break

- 15-sec **Duck Walk**, 2-minute break
- Perform five to six rounds.

Day 9

- 15-sec Jumping Jacks, 15-sec interval
- 10 Overhead Squats, 30-sec interval
- 10 Kneel Up Squats, 30-sec interval
- 10 Split Jump Squats, 30-sec interval
- 10 **Criss Cross Squat Jacks**, 2-minute rest.
- Aim for five to six rounds.

Day 10

Take a break and allow your lower body to recover so you can train with intensity in the second leg of the HIIT squats workout.

Day 11

- 10 Squat Jumps, 15-sec rest
- 20 Lateral Squats (10 reps on each side), 15-sec rest
- 12 Split Jump Squat (6 reps per leg), 30-sec rest
- 10 Pop Squats, 15-sec rest
- 20 **Squats with kickback** (10 reps/leg), 2-minute rest, then go for the next round.
- Perform five rounds for the time.

Day 12

- 10 Box/Bench Squats, 15-sec rest
- 15-sec Jumping Jacks, 30-sec rest
- 10 Squat to Calf Raises, 30-sec rest
- 10 [Squat Thrusts](#), 30-sec rest
- 15-sec Squat Pulses, 2-min rest.
- Repeat four to five times.

Day 13

Let your leg muscles recover.

Day 14

- 15-sec High Knees, 15-sec interval
- 12 [Lateral Squat Jumps](#) (6 reps on each leg), 30-sec interval
- 10 Sumo Squats, 15-sec interval
- 10 [Roll to Squat](#), 30-sec interval
- 15-sec Squat Pulses, 2-min rest.
- Shoot for 5-6 rounds for time.

Day 15

- 15-sec Jumping Jacks, 15-sec interval
- 10 Prisoner Squats, 15-sec interval
- 12 Snowboard Hops (6 reps on each side), 30-sec interval
- 10 Toe Squats, 30-sec interval

- 10 **Kneeling Squat Jump**, 2-min break.
- Perform five to six rounds.

Day 16

- 10 Rolling Squats, 30-sec interval
- 10 Squat Thrusts, 30-sec interval
- 12 **Squat with Front Kicks** (6/side), 30-sec interval
- 12 Split Squat Jumps (6/side), 30-sec interval
- 12 Squats with Knee-to-Elbow (6/side), 2-minute break.
- Repeat five to six times.

Day 17

Take a rest day and avoid leg exercises.

Day 18

- 15-sec Squat Pulses, 15-sec break
- 12 Lateral Jump Squats (6 reps/side), 30-sec break
- 10 Air Squats, 15-sec break
- 12 Lateral Walk Squats (6 reps on each side), 30-sec break
- 15-sec **Duck Walk**, 2-minute break
- Perform five to six rounds.

Day 19

- 15-sec Jumping Jacks, 15-sec interval
- 10 Overhead Squats, 30-sec interval

- 10 Kneel Up Squats, 30-sec interval
- 10 Split Jump Squats, 30-sec interval
- 10 **Criss Cross Squat Jacks**, 2-minute rest.
- Aim for five to six rounds.

Day 20

Take a day off so your muscles can get rest and get ready for the last leg of the 30-day squat challenge.

Day 21

- 10 Squat Jumps, 15-sec rest
- 20 Lateral Squats (10 reps on each side), 15-sec rest
- 12 Split Jump Squat (6 reps per leg), 30-sec rest
- 10 Pop Squats, 15-sec rest
- 20 **Squats with kickback** (10 reps/leg), 2-minute rest, then go for the next round.
- Perform five rounds for a time.

Day 22

- 10 Box/Bench Squats, 15-sec rest
- 15-sec Jumping Jacks, 30-sec rest
- 10 Squat to Calf Raises, 30-sec rest
- 10 **Squat Thrusts**, 30-sec rest
- 15-sec Squat Pulses, 2-min rest.
- Repeat four to five times.

Day 23

Let your leg muscles recover.

Day 24

- 15-sec High Knees, 15-sec interval
- 12 **Lateral Squat Jumps** (6 reps on each leg), 30-sec interval
- 10 Sumo Squats, 15-sec interval
- 10 **Roll to Squat**, 30-sec interval
- 15-sec Squat Pulses, 2-min rest.
- Shoot for 5-6 rounds for time.

Day 25

- 15-sec Jumping Jacks, 15-sec interval
- 10 Prisoner Squats, 15-sec interval
- 12 Snowboard Hops (6 reps on each side), 30-sec interval
- 10 Toe Squats, 30-sec interval
- 10 **Kneeling Squat Jump**, 2-min break.
- Perform five to six rounds.

Day 26

- 10 Rolling Squats, 30-sec interval
- 10 Squat Thrusts, 30-sec interval
- 12 **Squat with Front Kicks** (6/side), 30-sec interval
- 12 Split Squat Jumps (6/side), 30-sec interval

- 12 Squats with Knee-to-Elbow (6/side), 2-minute break.
- Repeat five to six times.

Day 27

Take a rest day and avoid leg exercises.

Day 28

- 15-sec Squat Pulses, 15-sec break
- 12 Lateral Jump Squats (6 reps/side), 30-sec break
- 10 Air Squats, 15-sec break
- 12 Lateral Walk Squats (6 reps on each side), 30-sec break
- 15-sec **Duck Walk**, 2-minute break
- Perform five to six rounds.

Day 29

- 15-sec Jumping Jacks, 15-sec interval
- 10 Overhead Squats, 30-sec interval
- 10 Kneel Up Squats, 30-sec interval
- 10 Split Jump Squats, 30-sec interval
- 10 **Criss Cross Squat Jacks**, 2-minute rest.
- Aim for five to six rounds.

Day 30

- 10 Squat Jumps
- 12 **Squats with Leg Circle** (6 reps per side)

- 12 Cossack Squats (6 reps/leg)
- 15-sec Squat Pulses, 15-sec break
- 10 Squat Thrusts, 30-sec interval
- 10 Kneeling Squat Jump, 30-sec interval
- 10 Roll to Squat, 2-minute interval
- Repeat as many times as possible.

Related Programs

- [? 30-Day Ab and Squat Challenge](#)
- [? 30-Day Cardio Workout Plan](#)
- [? 30 Day Plank Workout Routine](#)
- [? 30-Day Squats and Lunges Workout Plan](#)
- [? 30-Day Tabata Challenge to Shape Your Physique](#)
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