RankTime

FREE PRINTABLE · 5 PAGES

FORM · 4 WEEK PLAN · TRACKER

100 Squats a Day

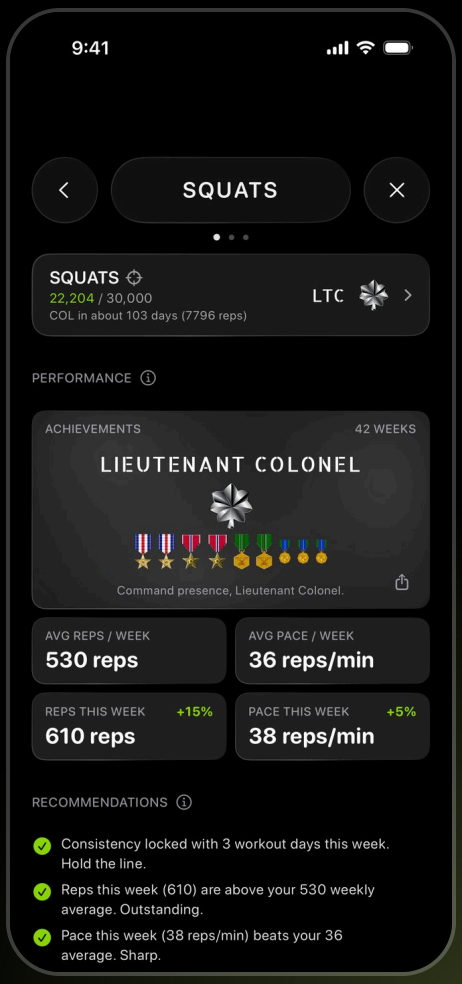
What a daily 100 does, how to squat well, a 4 week plan from any level, ways to split it, and a 30 day tracker.

2 100 squats on one page

3 Your 4 week plan

4 Your 30 day tracker

5 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/100-squats-a-day/
Made by RankTime, the workout timer that counts your reps.

THE HABIT

100 squats a day

PART	100 A DAY
Muscles	Thighs, glutes, calves and core
Time	About 5 to 10 minutes, rests included
Good for	Leg endurance, mobility, a daily habit
Not for	Big legs or fat loss on its own

A good squat

1. Feet about shoulder width, toes out a little.
2. Sit back and down, knees out over your toes.
3. Hip crease just below the knee, heels down.
4. Chest up, then stand all the way and squeeze.

Heels lifting? Widen your stance. Cannot reach depth yet? Squat to a chair or a box and lower it over the weeks.

Ways to split the 100

- **10 sets of 10:** the classic, about 6 minutes.
- **4 sets of 25:** fewer breaks, more burn.
- **A ladder:** 5, 10, 15, 20, 20, 15, 10, 5.
- **Through the day:** 20, five times.
- **All 100 in one go.** Under 3 minutes is fast.

Make it harder

- **Pause squats:** 2 seconds at the bottom.
- **Slow squats:** 3 seconds down.
- **Jump squats:** swap 20 of the 100.
- **Lunges:** 50 a leg is a different day.
- **Squat Tabata:** 20/10, 8 rounds.

Knees aching, not just tired muscles? Take a day off and go back to fewer reps for a week. A knee or hip problem: ask a physiotherapist first.

CAN'T DO 100 YET?

4 week plan

Test first: as many good squats as you can in one go. Pick your row, rest 30 to 60 seconds between sets, and test again at the end of week 4.

YOUR TEST	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Under 20	5 sets of 8	5 x 10	6 x 10	8 x 10
20 to 40	5 sets of 12	5 x 15	6 x 15	10 x 10
Over 40	Start at 100 now: 10 sets of 10, and cut the number of sets as you go.			

Tick off every day

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets
2	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets
3	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets
4	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	☐ sets	**Test max:**

Train every day, or every other day if your legs are still sore the next morning.

My test, day 1 _____ **My row** _____

THE HABIT

30 day tracker

Started _____ My split _____

Day 1 ☐ 100 · split	**Day 2** ☐ 100 · split	**Day 3** ☐ 100 · split	**Day 4** ☐ 100 · split	**Day 5** ☐ 100 · split
Day 6 ☐ 100 · split	**Day 7** ☐ 100 · split	**Day 8** ☐ 100 · split	**Day 9** ☐ 100 · split	**Day 10** ☐ 100 · split
Day 11 ☐ 100 · split	**Day 12** ☐ 100 · split	**Day 13** ☐ 100 · split	**Day 14** ☐ 100 · split	**Day 15** ☐ 100 · split
Day 16 ☐ 100 · split	**Day 17** ☐ 100 · split	**Day 18** ☐ 100 · split	**Day 19** ☐ 100 · split	**Day 20** ☐ 100 · split
Day 21 ☐ 100 · split	**Day 22** ☐ 100 · split	**Day 23** ☐ 100 · split	**Day 24** ☐ 100 · split	**Day 25** ☐ 100 · split
Day 26 ☐ 100 · split	**Day 27** ☐ 100 · split	**Day 28** ☐ 100 · split	**Day 29** ☐ 100 · split	**Day 30** ☐ 100 · split

RankTime

TRAIN IT WITH RANKTIME

Do your 100 squats with RankTime

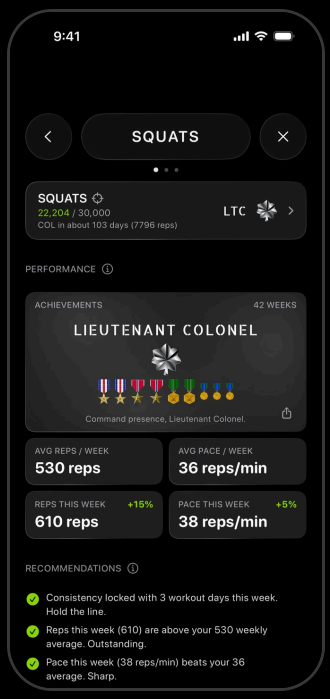
Squats are counted by the camera straight away. Set your 100 once, save it, and the app runs every set and rest.



Squats, counted by the camera.



Squat Tabata: 20 on, 10 off.



Every squat counts toward your rank.

1. Open REPS mode and swipe up or down to CENTURION: 100 reps in sets of 5.
2. Tap the exercises circle, tick SQUATS, then untick PUSHUPS.
3. Set your split on the reps per set circle, then save it.
4. Prop the phone about 2 m (6 ft) away and press play.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
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