## Initial Test: The Road to Two Hundred Squats

### Week 1: Pick the Appropriate Column Depending on Your Initial Test Results

**Day 1**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

<table>
<thead>
<tr>
<th>RANK</th>
<th>Number of Squats</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Average</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 30</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>30 - 39</td>
<td>11</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Over 40</td>
<td>12</td>
<td>11</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
</tr>
</tbody>
</table>

**Day 2**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 3**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

### Week 2: Pick the Same Column as You Did in Week 1

**Day 1**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 2**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 3**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

### Week 3: Pick the Appropriate Column Depending on Your Latest Test Results

**Day 1**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 2**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 3**

- **Rest 60 Seconds Between Each Set (Longer if Required)**
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Progress Test**

- Steve Speirs
  - Day 1: 34
  - Day 2: 1
  - Day 3: 7

**Final Test**

- Day 1: 47
  - Day 2: 22
  - Day 3: 11

- Steve Speirs
  - Day 1: 8
  - Day 2: 22
  - Day 3: 11

**Day 1**

- Rest 60 Seconds Between Each Set (Longer if Required)
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 2**

- Rest 60 Seconds Between Each Set (Longer if Required)
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Day 3**

- Rest 60 Seconds Between Each Set (Longer if Required)
  - **Set 1**: up to 10 squats
  - **Set 2**: 11 - 20 squats
  - **Set 3**: 21 - 30 squats

**Week 5**

- Pick the appropriate column depending on your latest test results