BEYOND300

FREE PROGRAM + TRACKER · 2026



300 SQUATS A DAY

100% FREE | +5 EVERY DAY | 3 LEVELS | TRACKER APP

Legs & glutes. Made for women. Great for everyone. Step by step to 300 squats a day, with the same rules as 300 PUSH-UPS A DAY.

DÁVID FORNADEL · @BEYOND_300

SAME 5 RULES. NEW MUSCLES.

1 THE TEST SETS YOUR LEVEL

Do max clean bodyweight squats in one set. Your result decides whether you start the START, BASE or STRENGTH plan (page 3).

2 EVERY DAY +5

Every training day you do 5 more squats than the day before. A small step your body can handle and your head won't quit on.

3 EVERY 7TH DAY IS LIGHT

Half of the previous day plus a new test. Muscles and tendons grow while you rest. A light day is not a day off: you still train.

4 MISSED IT? REPEAT THE DAY

If you don't hit the daily target, tomorrow you do the same day again. The plan adapts to you, not you to the plan.

5 SETS, NOT SUFFERING

Never go to failure. Split the day into sets of about half your max and spread them out. After every test you recalculate your set.

WHAT COUNTS TOWARD 300

At least half are squats. The rest: glute bridges and lunges (each leg = 1).

RUN IT WITH PUSH-UPS

Many people run both: push-ups for the upper body, squats for legs and glutes. Each challenge has its own plan and its own numbers in the app. Squats between push-up sets work great.

Trains: Glutes, quads, hamstrings, core.

02 · THE TEST

HOW MANY CAN YOU DO RIGHT NOW?

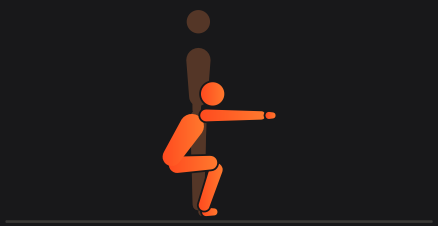
Warm up, then do as many **clean** bodyweight squats as you can without a long break. Feet shoulder-width, thighs at least parallel to the floor, stand all the way up.

1. **Warm up first.**
   5 minutes (page 5), then rest for 2 minutes.
2. **Count only clean reps.**
   Full range, the form from page 4. The first half rep doesn't count.
3. **No long breaks.**
   A quick breath is fine. Stopping to rest ends the set.
4. **Write it down.**
   The app keeps every test, so in a month you see how far you came.

YOUR MAX	LEVEL	START	TO 300
0 – 24	START	120 / DAY	42 DAYS
25 – 49	BASE	180 / DAY	28 DAYS
50 OR MORE	STRENGTH	240 / DAY	14 DAYS

All three plans end the same way: with your first day of 300 squats. If the test is very hard, start the START plan with an easier rung of the ladder (page 5). Those reps count too.

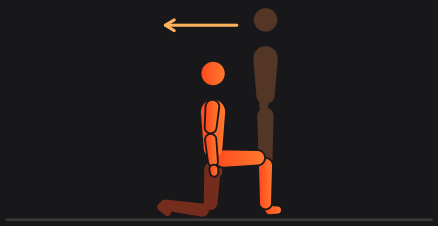
THE PERFECT SQUAT



BODYWEIGHT SQUAT



GLUTE BRIDGE



REVERSE LUNGE



BULGARIAN SPLIT SQUAT

1 **Feet shoulder-width**
Toes turned out a little, weight on the whole foot.

2 **Sit back and down**
Like sitting on a low chair. Hips go back first.

3 **Knees follow your toes**
Push them out. Never let them cave in.

4 **Thighs at least parallel**
As deep as you can with a straight back. Half squats don't count.

5 **Chest up, heels down**
Look ahead. If your heels lift, widen your stance.

6 **Stand all the way up**
Squeeze your glutes at the top.

7 **Breathe**
In on the way down, out on the way up. 1 s down, 1 s up.

SPLIT YOUR DAY

Example day (180): morning 60 squats · lunch 40 glute bridges + 20 reverse lunges · evening 60 squats.

04 · EASIER, HARDER, SAFE

THE LADDER

From easiest to hardest. Once you can do 3 × 20 clean, move up a rung.

1 CHAIR SQUAT

2 SQUAT HOLDING A WALL OR TABLE

3 BODYWEIGHT SQUAT THE TEST

4 SUMO SQUAT

5 GLUTE BRIDGE

6 REVERSE LUNGE

7 BULGARIAN SPLIT SQUAT

8 SINGLE-LEG GLUTE BRIDGE

9 PAUSE SQUAT (2 S AT THE BOTTOM)

10 JUMP SQUAT

WARM-UP · 5 MIN

Leg swings	10 + 10
Hip circles	10
Glute bridges	10
Slow half squats	10
Calf raises	15

PAIN TRAFFIC LIGHT

GREEN

sore thighs and glutes. Keep going.

ORANGE

a stiff knee or hip that loosens up after the warm-up. Take a light day.

RED

sharp knee pain, swelling, a click that hurts. Stop and see a doctor.

START · 42 DAYS

Your max in the test: **0–24**
You start at **120**, you finish at **300**
8,295 squats in total

WEEK 1	DAY 1 120 START	DAY 2 125	DAY 3 130	DAY 4 135	DAY 5 140	DAY 6 145	DAY 7 75 LIGHT + TEST
WEEK 2	DAY 8 150	DAY 9 155	DAY 10 160	DAY 11 165	DAY 12 170	DAY 13 175	DAY 14 90 LIGHT + TEST
WEEK 3	DAY 15 180	DAY 16 185	DAY 17 190	DAY 18 195	DAY 19 200	DAY 20 205	DAY 21 105 LIGHT + TEST
WEEK 4	DAY 22 210	DAY 23 215	DAY 24 220	DAY 25 225	DAY 26 230	DAY 27 235	DAY 28 120 LIGHT + TEST
WEEK 5	DAY 29 240	DAY 30 245	DAY 31 250	DAY 32 255	DAY 33 260	DAY 34 265	DAY 35 135 LIGHT + TEST
WEEK 6	DAY 36 270	DAY 37 275	DAY 38 280	DAY 39 285	DAY 40 290	DAY 41 295	DAY 42 300 Goal

Tick off each day you finish Light day: half + test Your first 300

Missed it? Repeat the same day tomorrow.

BASE · 28 DAYS

Your max in the test: **25–49**
You start at **180**, you finish at **300**
6,360 squats in total

WEEK 1	DAY 1 **180** START ☐	DAY 2 **185** ☐	DAY 3 **190** ☐	DAY 4 **195** ☐	DAY 5 **200** ☐	DAY 6 **205** ☐	DAY 7 **105** LIGHT + TEST ☐
WEEK 2	DAY 8 **210** ☐	DAY 9 **215** ☐	DAY 10 **220** ☐	DAY 11 **225** ☐	DAY 12 **230** ☐	DAY 13 **235** ☐	DAY 14 **120** LIGHT + TEST ☐
WEEK 3	DAY 15 **240** ☐	DAY 16 **245** ☐	DAY 17 **250** ☐	DAY 18 **255** ☐	DAY 19 **260** ☐	DAY 20 **265** ☐	DAY 21 **135** LIGHT + TEST ☐
WEEK 4	DAY 22 **270** ☐	DAY 23 **275** ☐	DAY 24 **280** ☐	DAY 25 **285** ☐	DAY 26 **290** ☐	DAY 27 **295** ☐	DAY 28 **300** Goal ☐

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

NOTES

STRENGTH · 14 DAYS

Your max in the test: **50 or more**
You start at **240**, you finish at **300**
3,645 squats in total

WEEK 1	DAY 1 240 START ☐	DAY 2 245 ☐	DAY 3 250 ☐	DAY 4 255 ☐	DAY 5 260 ☐	DAY 6 265 ☐	DAY 7 135 LIGHT + TEST ☐
WEEK 2	DAY 8 270 ☐	DAY 9 275 ☐	DAY 10 280 ☐	DAY 11 285 ☐	DAY 12 290 ☐	DAY 13 295 ☐	DAY 14 300 Goal ☐

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

NOTES

100 DAYS × 300

When your plan ends, the real challenge begins. **300 squats every day.** Tick off every day you finish. Milestones: day 30, 50 and 100.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

☐ Milestone: share it to your story 30,000 squats in total Never miss twice in a row.

DAY 100: YOUR CERTIFICATE

Hit your target on 100 days in the app (a missed day doesn't reset it) and you get the BEYOND 300 certificate with your name, your total and your dates. Then your name can go up in the Hall of Fame on our website. Next certificates: day 200 and 365.



TODAY IS DAY 1.

Nothing is free nowadays, but this program is. Do the test, find your plan and do your first set before you close this file.

1. Open the tracker app: **app.beyond300.com**
2. Tap the orange challenge chip (300 PUSH-UPS ▾) and pick 300 SQUATS A DAY.
3. Take the test. The app gives you your level and today's number.
4. Share your days to your story and tag @beyond_300. The pack is waiting.

DÁVID FORNADEL · @BEYOND_300 · #300SQUATSADAY

Disclaimer: This program is for educational purposes and does not replace medical advice. Before starting any exercise program, especially if you have health problems, an injury or haven't exercised in a long time, talk to your doctor. You exercise at your own risk. Results vary from person to person. © 2026 Dávid Fornadel. Free to share: send it to anyone, as long as it stays unchanged and free. Please don't sell it.