

30 DAY CHALLENGE

BURPEE

DAY 1	5 BURPEES	DAY 16	50 BURPEES
DAY 2	10 BURPEES	DAY 17	55 BURPEES
DAY 3	15 BURPEES	DAY 18	60 BURPEES
DAY 4	20 BURPEES	DAY 19	65 BURPEES
DAY 5	REST DAY	DAY 20	REST DAY
DAY 6	20 BURPEES	DAY 21	65 BURPEES
DAY 7	25 BURPEES	DAY 22	70 BURPEES
DAY 8	30 BURPEES	DAY 23	75 BURPEES
DAY 9	35 BURPEES	DAY 24	80 BURPEES
DAY 10	REST DAY	DAY 25	REST DAY
DAY 11	35 BURPEES	DAY 26	80 BURPEES
DAY 12	40 BURPEES	DAY 27	85 BURPEES
DAY 13	45 BURPEES	DAY 28	90 BURPEES
DAY 14	50 SECONDS	DAY 29	95 BURPEES
DAY 15	REST DAY	DAY 30	100 BURPEES