

30 Day Burpee Challenge

Day 1 10 Easy Burpees	Day 2 10 Easy Burpees	Day 3 15 Easy Burpees	Day 4 20 Easy Burpees	Day 5 25 Easy Burpees
Day 6 20 Easy Burpees	Day 7 25 Easy Burpees	Day 8 30 Easy Burpees	Day 9 35 Easy Burpees	Day 10 30 Easy Burpees
Day 11 REST	Day 12 25 Intermediate Burpees	Day 13 30 Intermediate Burpees	Day 14 35 Intermediate Burpees	Day 15 40 Intermediate Burpees
Day 16 35 Intermediate Burpees	Day 17 40 Intermediate Burpees	Day 18 45 Intermediate Burpees	Day 19 50 Intermediate Burpees	Day 20 REST
Day 21 40 Advanced Burpees	Day 22 45 Advanced Burpees	Day 23 45 Advanced Burpees	Day 24 50 Advanced Burpees	Day 25 55 Advanced Burpees
Day 26 REST	Day 27 50 Advanced Burpees	Day 28 55 Advanced Burpees	Day 29 55 Advanced Burpees	Day 30 60 Advanced Burpees

Easy Burpees:

- Begin in standing position
- Squat down to reach your arms to the floor
- Kick both feet out into plank position
- Kick both feet back in to return to squat
- Return to standing position

Intermediate Burpees:

- Begin in standing position
- Squat down to reach your arms to the floor
- Kick both feet out into plank position
- Kick both feet back in to return to squat
- Jump back to standing

Advanced Burpees:

- Begin in standing position
- Squat down to reach the floor
- Kick both feet out into plank position
- Complete a single pushup
- Kick both feet back in to return to squat
- Jump back to standing