

30-Day Burpee Challenge

from the 30-Day Challenge Series & Eat. Drink & be Skinny!

Round 1	Day 1 10 Burpees Sets: ____ Time: ____	Day 2 15 Burpees Sets: ____ Time: ____	Day 3 20 Burpees Sets: ____ Time: ____	Day 4 25 Burpees Sets: ____ Time: ____	Day 5 30 Burpees Sets: ____ Time: ____	Day 6 REST	Progress: 10-30 Total: 100
Round 2	Day 7 25 Burpees Sets: ____ Time: ____	Day 8 30 Burpees Sets: ____ Time: ____	Day 9 30 Burpees Sets: ____ Time: ____	Day 10 15 Burpees Sets: ____ Time: ____	Day 11 35 Burpees Sets: ____ Time: ____	Day 12 REST	Progress: 25-35 Total: 135
Round 3	Day 13 35 Burpees Sets: ____ Time: ____	Day 14 40 Burpees Sets: ____ Time: ____	Day 15 40 Burpees Sets: ____ Time: ____	Day 16 25 Burpees Sets: ____ Time: ____	Day 17 45 Burpees Sets: ____ Time: ____	Day 18 REST	Progress: 35-45 Total: 185
Round 4	Day 19 45 Burpees Sets: ____ Time: ____	Day 20 50 Burpees Sets: ____ Time: ____	Day 21 50 Burpees Sets: ____ Time: ____	Day 22 35 Burpees Sets: ____ Time: ____	Day 23 55 Burpees Sets: ____ Time: ____	Day 24 REST	Progress: 45-55 Total: 235
Round 5	Day 25 55 Burpees Sets: ____ Time: ____	Day 26 60 Burpees Sets: ____ Time: ____	Day 27 45 Burpees Sets: ____ Time: ____	Day 28 60 Burpees Sets: ____ Time: ____	Day 29 REST	Day 30 65 Burpees Sets: ____ Time: ____	Progress: 55-65 Total: 285

Day 31 BONUS Challenge: Do 60 Burpees and earn your 1000 Burpee Badge!

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