



30-DAY BURPEE CHALLENGE

1 10 burpees	2 10 burpees	3 10 burpees	4 10 burpees	5 10 burpees
6 15 burpees	7 15 burpees	8 15 burpees	9 15 burpees	10 15 burpees
11 Day 11: 20 burpees	12 Day 12: 20 burpees	13 Day 13: 20 burpees	14 Day 14: 20 burpees	15 Day 15: 20 burpees
16 Day 16: 25 burpees	17 Day 17: 25 burpees	18 Day 18: 25 burpees	19 Day 19: 25 burpees	20 Day 20: 25 burpees
21 Day 21: 30 burpees	22 Day 22: 30 burpees	23 Day 23: 30 burpees	24 Day 24: 30 burpees	25 Day 25: 30 burpees
26 Day 26: 35 burpees	27 Day 27: 35 burpees	28 Day 28: 35 burpees	29 Day 29: 35 burpees	30 Day 30: 35 burpees