

# BURPEES CHALLENGE



Day 1 <b>10 REPS</b>	Day 2 <b>15 REPS</b>	Day 3 <b>20 REPS</b>	Day 4 <b>REST</b>	Day 5 <b>25 REPS</b>	Day 6 <b>30 REPS</b>	Day 7 <b>35 REPS</b>
Den 8 <b>REST</b>	Day 9 <b>40 REPS</b>	Day 10 <b>45 REPS</b>	Day 11 <b>50 REPS</b>	Day 12 <b>REST</b>	Day 13 <b>55 REPS</b>	Day 14 <b>60 REPS</b>
Day 15 <b>65 REPS</b>	Day 16 <b>REST</b>	Day 17 <b>70 REPS</b>	Day 18 <b>75 REPS</b>	Day 19 <b>80 REPS</b>	Day 20 <b>REST</b>	Day 21 <b>85 REPS</b>
Day 22 <b>90 REPS</b>	Day 23 <b>95 REPS</b>	Day 24 <b>REST</b>	Day 25 <b>100 REPS</b>	Day 26 <b>105 REPS</b>	Day 27 <b>110 REPS</b>	Day 28 <b>REST</b>