

50 BURPEES IN ONE GO

20 seconds rest
between sets

30-DAY CHALLENGE © darebee.com



1 6 burpees 4 burpees 3 burpees 3 burpees	2 10 burpees in one go	3 6 burpees 6 burpees 3 burpees 3 burpees	4 14 burpees in one go	5 8 burpees 6 burpees 4 burpees 4 burpees
6 17 burpees in one go	7 8 burpees 8 burpees 4 burpees 4 burpees	8 20 burpees in one go	9 10 burpees 8 burpees 5 burpees 5 burpees	10 24 burpees in one go
11 10 burpees 10 burpees 5 burpees 5 burpees	12 26 burpees in one go	13 12 burpees 10 burpees 6 burpees 6 burpees	14 30 burpees in one go	15 12 burpees 12 burpees 6 burpees 6 burpees
16 33 burpees in one go	17 14 burpees 12 burpees 7 burpees 7 burpees	18 35 burpees in one go	19 14 burpees 14 burpees 7 burpees 7 burpees	20 37 burpees in one go
21 16 burpees 14 burpees 8 burpees 8 burpees	22 40 burpees in one go	23 16 burpees 16 burpees 8 burpees 8 burpees	24 42 burpees in one go	25 18 burpees 16 burpees 9 burpees 9 burpees
26 44 burpees in one go	27 18 burpees 18 burpees 9 burpees 9 burpees	28 47 burpees in one go	29 20 burpees 18 burpees 10 burpees 10 burpees	30 50 burpees in one go