

burpee



30-DAY CHALLENGE @ darebee.com

split total reps into manageable sets

1 10 burpees	2 20 burpees	3 25 burpees	4 30sec plank 2 times a day	5 25 burpees
6 30 burpees	7 45 burpees	8 30sec plank 3 times a day	9 45 burpees	10 50 burpees
11 55 burpees	12 30sec plank 4 times a day	13 55 burpees	14 60 burpees	15 65 burpees
16 45sec plank 2 times a day	17 65 burpees	18 70 burpees	19 75 burpees	20 45sec plank 3 times a day
21 75 burpees	22 80 burpees	23 85 burpees	24 45sec plank 4 times a day	25 85 burpees
26 90 burpees	27 95 burpees	28 60sec plank 5 times a day	29 95 burpees	30 100 burpees