

# International Burpee Month 2017 - BRONZE

## 2017 AUGUST

MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 <b>Test - 3 mins - Max repetitions + 1 x Burpee</b>	02 2 x Burpees (3 total)	03 3 x Burpees (6 total)	04 4 x Burpees (10 total)	05 5 x burpees (15 total)	06 6 x Burpees (21 total)
07 7 x Burpees (28 total)	08 8 x Burpees (36 total)	09 9 x burpees (45 total)	10 10 x Burpees (55 total)	11 11 x Burpees (66 total)	12 12 x Burpees (78 total)	13 13 x Burpees (91 total)
14 14 x Burpees (105 total)	15 15 x Burpees (120 total)	16 16 x Burpees (136 total)	17 17 x Burpees (153 total)	18 18 x Burpees (171 total)	19 19 x Burpees (190 total)	20 20 x Burpees (210 total)
21 21 x Burpees (231 total)	22 22 x Burpees (253 total)	23 23 x Burpees (276 total)	24 24 x Burpees (300 total)	25 25 x Burpees (325 total)	26 26 x Burpees (351 total)	27 27 x Burpees (378 total)
28 28 x Burpees (406 total)	29 29 x Burpees (435 total)	30 30 x Burpees (465 total)	31 31 x Burpees (465 total) - also Test for max Burpees 3 mins	01	02	03
04	05	06	07	08	09	10

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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