

International Burpee Month 2017 - GOLD

2017 AUGUST

MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Test - 3 mins - Max repetitions + 3 x Burpee	02 6 x Burpees (9 total)	03 9 x Burpees (18 total)	04 12 x Burpees (30 total)	05 15 x burpees (45 total)	06 18 x Burpees (63 total)
07 21 x Burpees (84 total)	08 24 x Burpees (108 total)	09 27 x burpees (135 total)	10 30 x Burpees (165 total)	11 33 x Burpees (198 total)	12 36 x Burpees (234 total)	13 39 x Burpees (273 total)
14 42x Burpees (315 total)	15 45 x Burpees (360 total)	16 48 x Burpees (408 total)	17 51 x Burpees (459 total)	18 54 x Burpees (513 total)	19 57 x Burpees (570 total)	20 60 x Burpees (630 total)
21 63 x Burpees (693 total)	22 66 x Burpees (759 total)	23 69 x Burpees (828 total)	24 72 x Burpees (900 total)	25 75 x Burpees (975 total)	26 78 x Burpees (1053 total)	27 81 x Burpees (1134 total)
28 84 x Burpees (1218 total)	29 87 x Burpees (1305 total)	30 90 x Burpees (1395 total)	31 93 x Burpees (1488 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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