

International Burpee Month 2017 - SILVER

2017 AUGUST

MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Test - 3 mins - Max repetitions + 2 x Burpee	02 4 x Burpees (6 total)	03 6 x Burpees (12 total)	04 8 x Burpees (20 total)	05 10 x burpees (30 total)	06 12 x Burpees (32 total)
07 14 x Burpees (46 total)	08 16 x Burpees (62 total)	09 18 x burpees (80 total)	10 20 x Burpees (100 total)	11 22 x Burpees (122 total)	12 24 x Burpees (146 total)	13 26 x Burpees (172 total)
14 28 x Burpees (200 total)	15 30 x Burpees (230 total)	16 32 x Burpees (262 total)	17 34 x Burpees (296 total)	18 36 x Burpees (332 total)	19 38 x Burpees (370 total)	20 40 x Burpees (410 total)
21 42 x Burpees (452 total)	22 44 x Burpees (496 total)	23 46 x Burpees (542 total)	24 48 x Burpees (590 total)	25 50 x Burpees (640 total)	26 52 x Burpees (692 total)	27 54 x Burpees (746 total)
28 56 x Burpees (802 total)	29 58 x Burpees (860 total)	30 60 x Burpees (920 total)	31 62 x Burpees (982 total) - also Test for max Burpees 3 mins	01	02	03
04	05	06	07	08	09	10

Monday

Tuesday

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Thursday

Friday

Saturday

Sunday

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