

International Burpee Month 2017 - **ULTIMATE**

2017 AUGUST

MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Test - 3 mins - Max repetitions + 5 x Burpee	02 10 x Burpees (15 total)	03 15 x Burpees (30 total)	04 20 x Burpees (50 total)	05 25 x burpees (75 total)	06 30 x Burpees (105 total)
07 35 x Burpees (140 total)	08 40 x Burpees (180 total)	09 45 x burpees (225 total)	10 50 x Burpees (275 total)	11 55 x Burpees (330 total)	12 60 x Burpees (390 total)	13 65 x Burpees (455 total)
14 70x Burpees (525 total)	15 75 x Burpees (600 total)	16 80 x Burpees (680 total)	17 85 x Burpees (765 total)	18 90 x Burpees (855 total)	19 95 x Burpees (950 total)	20 100 x Burpees (1050 total)
21 105 x Burpees (1155 total)	22 110 x Burpees (1265 total)	23 115 x Burpees (1380 total)	24 120 x Burpees (1500 total)	25 125 x Burpees (1625 total)	26 130 x Burpees (1755 total)	27 135 x Burpees (1890 total)
28 140 x Burpees (2030 total)	29 145 x Burpees (2175 total)	30 150 x Burpees (2325 total)	31 155 x Burpees (2480 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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