

# YAY! BURPEES!

## 31 Day Challenge

We all have a love-hate relationship with the burpee! However, it is one of the most impactful exercises to help work your legs arms and core while also giving you a great cardio workout.

We start you off slowly in the first week and then increase your reps to a legend-status 100 by day 31 - enjoy!



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	7	10	15	REST	15	20
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
25	30	35	REST	35	40	45
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
50	REST	50	55	60	65	70
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
REST	70	75	80	85	REST	85
DAY 29	DAY 30	DAY 31	<p><i>Congratulations!</i></p> 			
90	95	100				

Note: Respect the rest days, your body needs them. As the amount of burpees grow divide them into sets.