

31 DAY MADNESS

This challenge will really get your heart pumping and muscles moving. Our favourite exercise the burpee along with the mountain climber will give you an all over workout while the bicycle crunches will take care of your abs.

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

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5 Burpees 10 Mtn Climbs 10 Bicycles	6 Burpees 12 Mtn Climbs 10 Bicycles	7 Burpees 14 Mtn Climbs 12 Bicycles	8 Burpees 16 Mtn Climbs 12 Bicycles	9 Burpees 18 Mtn Climbs 14 Bicycles	10 Burpees 20 Mtn Climbs 16 Bicycles	11 Burpees 22 Mtn Climbs 18 Bicycles
DAY 8 REST	DAY 9 12 Burpees 24 Mtn Climbs 20 Bicycles	DAY 10 13 Burpees 26 Mtn Climbs 20 Bicycles	DAY 11 14 Burpees 28 Mtn Climbs 22 Bicycles	DAY 12 15 Burpees 30 Mtn Climbs 24 Bicycles	DAY 13 16 Burpees 34 Mtn Climbs 26 Bicycles	DAY 14 17 Burpees 36 Mtn Climbs 28 Bicycles
DAY 15 REST	DAY 16 18 Burpees 38 Mtn Climbs 30 Bicycles	DAY 17 19 Burpees 40 Mtn Climbs 30 Bicycles	DAY 18 20 Burpees 42 Mtn Climbs 32 Bicycles	DAY 19 21 Burpees 44 Mtn Climbs 34 Bicycles	DAY 20 22 Burpees 46 Mtn Climbs 36 Bicycles	DAY 21 23 Burpees 48 Mtn Climbs 38 Bicycles
DAY 22 REST	DAY 23 24 Burpees 50 Mtn Climbs 40 Bicycles	DAY 24 25 Burpees 52 Mtn Climbs 40 Bicycles	DAY 25 26 Burpees 54 Mtn Climbs 42 Bicycles	DAY 26 27 Burpees 56 Mtn Climbs 44 Bicycles	DAY 27 28 Burpees 58 Mtn Climbs 46 Bicycles	DAY 28 29 Burpees 60 Mtn Climbs 48 Bicycles
DAY 29 REST	DAY 30 30 Burpees 62 Mtn Climbs 50 Bicycles	DAY 31 31 Burpees 64 Mtn Climbs 50 Bicycles				

BURPEE

Stand upright with arms to sides. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward under body returning feet in original position. Rise up to original standing posture.

Intensity can be increased by executing exercise faster.



MOUNTAIN CLIMBER

Place hands on floor, slightly wider than shoulder width. On forefeet, position one leg forward bent under body and extend other leg back.

While holding upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under body, landing on both forefeet simultaneously.

Intensity can be increased by stepping faster.

BICYCLES

Lie flat on the floor with your lower back pressed to the ground (pull your abs down to also target your deep abs). Interlace your fingers, and put your hands behind your head.

Bring your knees in toward your chest, and lift your shoulder blades off the ground.

Straighten your right leg out while turning your upper body to the left, bringing your right elbow toward the left knee. Make sure your rib cage is moving and not just your elbows.

Now switch sides and do the same motion on the other side to complete one rep

