



28 DAY BURPEE CHALLENGE

BECOME A BADASS AT BURPEES IN 28 DAYS!

HOW IT WORKS

Burpees are one of the most effective exercises you can do, in terms of working every muscle in your body!

Complete each day by crossing off the template provided. Before you know it, you'll be a burpee pro! Not to mention you'll see changes in your fitness, strength, endurance, and physique!

Try to complete your burpees as quick as you can. If you need a rest - take it (no more than 45 seconds).

BEGINNER - Place hands onto floor (or you can use an incline ie. chair or table). Walk your feet out into a plank. Walk feet back up, and stand.

INTERMEDIATE: Place hands onto floor, jump feet out into a plank. Jump feet back in, and jump up to stand.

ADVANCED: Place hands on floor, jump feet out into a plank, bring body flat to floor. Jump feet back in and jump up to stand.

[Go here to watch a burpee demo!](#)

28 Day Burpee Challenge

Week 1

2 burpees

1

4 burpees

2

4 burpees

3

4 burpees

4

6 burpees

5

REST DAY

6

6 burpees

7

Week 2

6 burpees

8

8 burpees

9

8 burpees

10

10 burpees

11

10 burpees

12

REST DAY

13

12 burpees

14

Week 3

12 burpees

15

12 burpees

16

14 burpees

17

14 burpees

18

14 burpees

19

REST DAY

20

16 burpees

21

Week 4

16 burpees

22

16 burpees

23

18 burpees

24

18 burpees

25

18 burpees

26

REST DAY

27

20 burpees!

28