

September

2015



Burpees Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31	1	2	3	4	5
	60 Sec Burpees	60 Sec Burpees	60 Sec Burpees	Rest Day	60 Sec Burpees	60 Sec Burpees
6	7	8	9	10	11	12
Rest Day	1 Min 30 Sec Burpees	1 Min 30 Sec Burpees	1 Min 30 Sec Burpees	Rest Day	1 Min 30 Sec Burpees	1 Min 30 Sec Burpees
13	14	15	16	17	18	19
Rest Day	2 Min Burpees	2 Min Burpees	2 Min Burpees	Rest Day	2 Min Burpees	2 Min Burpees
20	21	22	23	24	25	26
Rest Day	3 Min Burpees	3 Min Burpees	3 Min Burpees	Rest Day	3 Min Burpees	3 Min Burpees
27	28	29	30			
Rest Day	4 Min Burpees	4 Min Burpees	4 Min Burpees			

