

BURPEE CHALLENGE

YOU GOT THIS!!

◀ April	~ May 2014 ~						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 2 Sets of 15 Burpees (No Pushup)	2 2 Sets of 15 Burpees (No Pushup)	3 2 Sets of 20 Burpees (No Pushup)	
4 OFF	5 2 Sets of 20 Burpees (No Pushup)	6 2 Sets of 25 Burpees (No Pushup)	7 2 Sets of 25 Burpees (No Pushup)	8 2 Sets of 25 Burpees (No Pushup)	9 3 Sets of 15 Burpees with Pushup	10 OFF	
11 3 Sets of 15 Burpees with Pushup	12 3 Sets of 15 Burpees with Pushup	13 3 Sets of 15 Burpees with Pushup	14 3 Sets of 25 Burpees with Pushup	15 3 Sets of 25 Burpees with Pushup	16 4 Sets of 20 Burpees (No Pushup)	17 4 Sets of 20 Burpees (No Pushup)	
18 3 Sets of 20 Burpees w/ Pushup and 15 Second Plank	19 3 Sets of 20 Burpees w/ Pushup and 15 Second Plank	20 3 Sets of 20 Burpees w/ Pushup and 15 Second Plank	21 3 Sets of 25 Burpees w/ Pushup and 15 Second Plank	22 3 Sets of 25 Burpees w/ Pushup and 15 Second Plank	23 3 Sets of 25 Burpees w/ Pushup and 15 Second Plank	24 OFF	
25 3 Sets of 30 Burpees w/Pushup (No Plank)	26 3 Sets of 15 Burpees w/ 30 Second Plank (No Pushup)	27 3 Sets of 30 Burpees with Pushup (No Plank)	28 OFF	29 3 Sets of 15 Burpees w/ 30 Second Plank (No Pushup)	30 4 Sets of 30 Burpees (No Pushup)	31 3 Sets of 30 Burpee w/Pushup (No Plank)	

More Calendars: [June](#), [July](#), [August](#)

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**Burpee Modification- take the jumps out. Hands on floor, step back into plank, step feet forward and then squat to a standing position.

** Burpees can be completed in sets. You do not have to do all the reps at one time. But all sets and reps must be completed in one day.

** Daily- Post on FB or google document when you complete the days challenge. We all will help each other be accountable and encourage one another!!

**** Take the challenge- workout warriors... You GOT THIS!!**