

Get You In Shape Burpee Challenge

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 5 | 10 | 15 | 20 | REST | 20 |
| 25 | 30 | 35 | REST | 35 | 40 | 45 |
| 50 | REST | 50 | 55 | 60 | 65 | REST |
| 65 | 70 | 75 | 80 | REST | 80 | 85 |
| 90 | 100 | | | | | |