



# 30-DAY CHALLENGE

## JULY 2018 BURPEE CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JULY 2018 BURPEE CHALLENGE</b>						
<b>1</b> <b>REST DAY</b>	<b>2</b> E = 5 Burpees I = 10 Burpees X = 15 Burpees <b>Total for the Day</b>	<b>3</b> E = 7 Burpees I = 12 Burpees X = 17 Burpees <b>Total for the Day</b>	<b>4</b> <b>REST DAY</b>	<b>5</b> E = 8 Burpees I = 13 Burpees X = 19 Burpees <b>Total for the Day</b>	<b>6</b> E = 9 Burpees I = 15 Burpees X = 20 Burpees <b>Total for the Day</b>	<b>7</b> E = 10 Burpees I = 17 Burpees X = 25 Burpees <b>Total for the Day</b>
<b>8</b> <b>REST DAY</b>	<b>9</b> E = 11 Burpees I = 19 Burpees X = 30 Burpees <b>Total for the Day</b>	<b>10</b> E = 12 Burpees I = 22 Burpees X = 35 Burpees <b>Total for the Day</b>	<b>11</b> E = 13 Burpees I = 25 Burpees X = 40 Burpees <b>Total for the Day</b>	<b>12</b> E = 14 Burpees I = 28 Burpees X = 45 Burpees <b>Total for the Day</b>	<b>13</b> E = 15 Burpees I = 31 Burpees X = 50 Burpees <b>Total for the Day</b>	<b>14</b> E = 16 Burpees I = 34 Burpees X = 55 Burpees <b>Total for the Day</b>
<b>15</b> <b>REST DAY</b>	<b>16</b> E = 17 Burpees I = 37 Burpees X = 60 Burpees <b>Total for the Day</b>	<b>17</b> E = 18 Burpees I = 40 Burpees X = 65 Burpees <b>Total for the Day</b>	<b>18</b> E = 19 Burpees I = 43 Burpees X = 70 Burpees <b>Total for the Day</b>	<b>19</b> E = 20 Burpees I = 46 Burpees X = 75 Burpees <b>Total for the Day</b>	<b>20</b> E = 21 Burpees I = 49 Burpees X = 80 Burpees <b>Total for the Day</b>	<b>21</b> E = 22 Burpees I = 52 Burpees X = 85 Burpees <b>Total for the Day</b>
<b>22</b> <b>REST DAY</b>	<b>23</b> E = 23 Burpees I = 55 Burpees X = 90 Burpees <b>Total for the Day</b>	<b>24</b> E = 24 Burpees I = 58 Burpees X = 95 Burpees <b>Total for the Day</b>	<b>25</b> E = 25 Burpees I = 61 Burpees X = 100 Burpees <b>Total for the Day</b>	<b>26</b> E = 26 Burpees I = 64 Burpees X = 105 Burpees <b>Total for the Day</b>	<b>27</b> E = 27 Burpees I = 67 Burpees X = 110 Burpees <b>Total for the Day</b>	<b>28</b> E = 28 Burpees I = 70 Burpees X = 115 Burpees <b>Total for the Day</b>
<b>29</b> <b>REST DAY</b>	<b>30</b> E = 29 Burpees I = 73 Burpees X = 120 Burpees <b>Total for the Day</b>	<b>31</b> E = 30 Burpees I = 75 Burpees X = 125 Burpees <b>Total for the Day</b>				E = Easy I = Intermediate X = Extreme

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**Notes:** These challenges are designed to be above and beyond what we do at boot camp. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count. You can start the challenge on any day that you want.