30-DAY CHALLENGE

GYIS — More Than Just Fitness!

AUGUST BURPEE CHALLENGE

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

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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 or do a 2nd round. You can start the challenge on any day that you want. You can change up the variations of the various exercises or feel free to substitute any exercise.