

# 30-DAY CHALLENGE



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

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**Notes:** These challenges are designed to be above and beyond what you do at your fitness sessions. 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 2 rounds. You can start the challenge on any day that you want. You can change up the variations of the burpees - step or jump, add a pushup, etc.