



## 100 day burpee challenge.

| January |    |    |    |    |    |    |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|----|----|----|----|----|----|
| date    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| reps    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| date    | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| reps    | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| date    | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |    |
| reps    | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |    |

| February |    |    |    |    |    |    |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|----|----|----|----|----|----|
| date     | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| reps     | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 |
| date     | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| reps     | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 |
| date     | 25 | 26 | 27 | 28 |    |    |    |    |    |    |    |    |
| reps     | 56 | 57 | 58 | 59 |    |    |    |    |    |    |    |    |

| March |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|
| date  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| reps  | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 |
| date  | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| reps  | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 |
| date  | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |    |
| reps  | 84 | 85 | 86 | 87 | 88 | 89 | 90 |    |    |    |    |    |

| April |    |    |    |    |    |    |    |    |    |     |    |  |
|-------|----|----|----|----|----|----|----|----|----|-----|----|--|
| date  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10  | 11 |  |
| reps  | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 0! |  |

1 – All burpees must be completed at the same time. Periods of 5-10 secs rest are allowed to catch your breath. Any longer... do them again!!!

2 – Strict technique throughout

3 – If you miss a day, you do the ones you missed plus the ones for that day at the same time!!!

4 – If you miss more than 2 days in a row... you FAIL!

5 – If you give up before the 100 days... you fail!