

15-DAY BURPEE CHALLENGE 1-30 JUNE

This 15-day challenge is for anyone at any fitness level.

We want everyone to participate!

Here are ways to complete burpees at all levels:

Level 1: Basic Burpee (recommended for beginners)

1. Stand upright, feet shoulder-width apart.
2. Squat down.
3. When you reach the squat position, reach your hands down to the ground and step back one leg at a time into a plank position.
4. Drop down into a pushup (it's okay to let your belly/chest touch the ground). Push back up.
5. Step your legs back in and resume squat position.
6. Stand up (or jump up if you're feeling strong!) and clap your hands above your head.

REPEAT!

Level 2: Beast Burpee (recommended for fastest times)

1. Stand upright, feet shoulder-width apart.
2. Drop down into a squat.
3. As soon as you reach the squat position, bring your hands down to the ground and quickly thrust your legs out behind you so you're in a push-up/press-up position.
4. Drop your chest/stomach to the ground and push back up to the push-up/press-up position. (Optional: Do an additional push-up/press-up.)
5. Quickly jump your legs back in and get back into the squat position.
6. Immediately jump as high as you can (both feet must leave the ground and hands must go above your head). Once you land, get back into a squat position and repeat the steps above!

How many burpees do I do each day?

Day 1 = 5

Day 2 = 10

Day 3 = 20

Day 4 = 30

Day 5 = Rest Day

Day 6 = 30

Day 7 = 40

Day 8 = 50

Day 9 = 60

Day 10 = Rest Day (Enjoy it!)

Day 11 = 60

Day 12 = 70

Day 13 = 80

Day 14 = 90

Day 15 = 100 - This is your final day (You made it!)

Total: 645 Burpees!

***Participants may start the challenge any day between 1-16 June.** Challenge must be completed in 15 days (before 1 July). **Participants will receive a gym bag and t-shirt (while supplies last). Burpees can be completed at the fitness centers or at home.