



30-DAY CHALLENGE

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