

1400 Burpee Challenge in 30 Days

(with planks added in)

As you know, Burpees can be very challenging. If needed, as the numbers increase you can take rest breaks or even split the workout up during the day. Do your best to complete them. Want to make this more challenging? Add this to your regular workout for the day.

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| Day 1 | 10 |
| Day 2 | 20 |
| Day 3 | 25 |
| Day 4 | Plank 30 seconds x2 rounds |
| Day 5 | 25 |
| Day 6 | 30 |
| Day 7 | 45 |
| Day 8 | Plank 30 seconds x3 rounds |
| Day 9 | 45 |
| Day 10 | 50 |
| Day 11 | 55 |
| Day 12 | Plank 30 seconds x4 rounds |
| Day 13 | 55 |
| Day 14 | 60 |
| Day 15 | 65 |
| Day 16 | Plank 45 seconds x2 rounds |
| Day 17 | 65 |
| Day 18 | 70 |
| Day 19 | 75 |
| Day 20 | Plank 45 seconds x3 rounds |
| Day 21 | 75 |
| Day 22 | 80 |
| Day 23 | 85 |
| Day 24 | Plank 45 seconds x4 rounds |
| Day 25 | 85 |
| Day 26 | 90 |
| Day 27 | 95 |
| Day 28 | Plank 60 seconds x5 rounds |
| Day 29 | 95 |
| Day 30 | 100 |