

30 DAYS BURPEES CHALLENGE



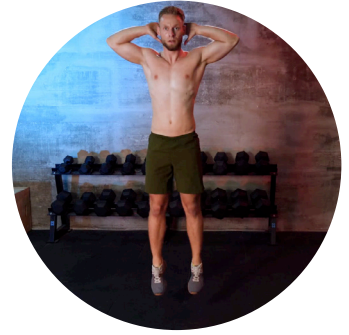
STEP 1



STEP 2



STEP 3



STEP 4

DAY 1 3 BURPEES	DAY 2 4 BURPEES	DAY 3 5 BURPEES	DAY 4 6 BURPEES	DAY 5 7 BURPEES	DAY 6 BREAK
DAY 7 8 BURPEES	DAY 8 9 BURPEES	DAY 9 10 BURPEES	DAY 10 11 BURPEES	DAY 11 12 BURPEES	DAY 12 BREAK
DAY 13 13 BURPEES	DAY 14 14 BURPEES	DAY 15 15 BURPEES	DAY 16 16 BURPEES	DAY 17 17 BURPEES	DAY 18 BREAK
DAY 19 18 BURPEES	DAY 20 19 BURPEES	DAY 21 20 BURPEES	DAY 22 21 BURPEES	DAY 23 22 BURPEES	DAY 24 BREAK
DAY 25 22 BURPEES	DAY 26 24 BURPEES	DAY 27 26 BURPEES	DAY 28 28 BURPEES	DAY 29 BREAK	DAY 30 30 BURPEES