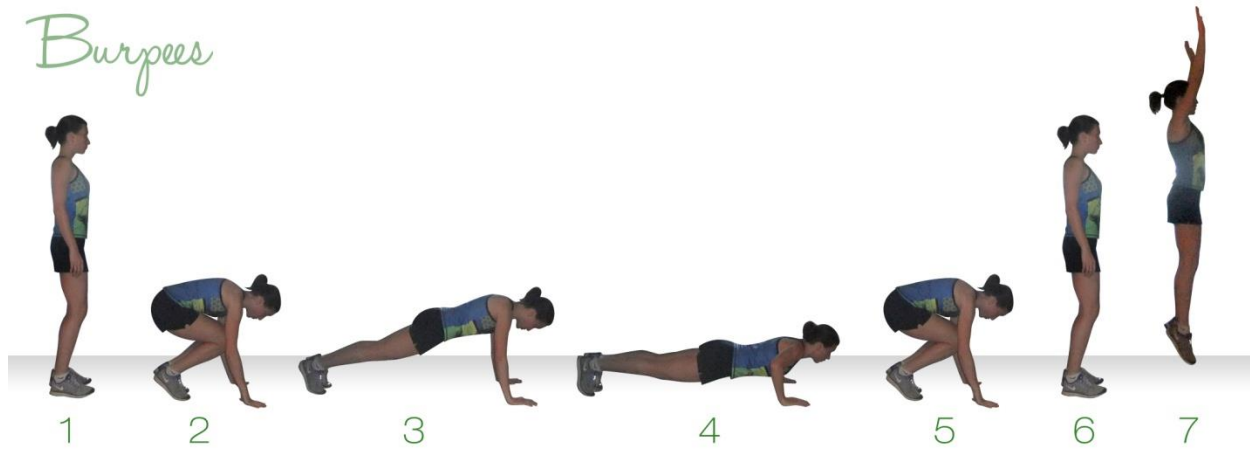


Monthly Health Challenge: 30-Day Burpees Challenge

Looking for a full body workout that helps improve your cardio? Well maybe you should try the 30-Day Burpee Challenge. Burpees are an intense exercise that combines push-up and squat jumps. Burpees can help you improve your strength, endurance, cardio, and even cause weight loss. It also helps tone a variety of muscles from your forearms to your calves.



How to perform the perfect burpees?

1. Stand straight up with you feet shoulder width apart.
2. Bend down and touch the floor with both hands.
3. Kick your legs out and get into push-up position.
4. Perform a push-up.
5. Kick your legs back under your body. Remember to keep both hands on the ground.
6. Get into a squat position.
7. Jump in place and repeat.

For beginners, follow the (E)Easy Track. For advance performance, you should follow the (C)Challenging Track.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E) 5 (C) 10	2 (E) 10 (C) 20	3 (E) 15 (C) 30	4 (E) 20 (C) 40	5 (E) Rest (C) Rest	6 (E) 20 (C) 40
7 (E) 25 (C) 50	8 (E) 30 (C) 60	9 (E) 35 (C) 70	10 (E) Rest (C) Rest	11 (E) 35 (C) 70	12 (E) 40 (C) 80	13 (E) 45 (C) 90
14 (E) 45 (C) 90	15 (E) Rest (C) Rest	16 (E) 50 (C) 100	17 (E) 55 (C) 110	18 (E) 60 (C) 120	19 (E) 65 (C) 130	20 (E) Rest (C) Rest
21 (E) 65 (C) 130	22 (E) 70 (C) 140	23 (E) 75 (C) 150	24 (E) 80 (C) 160	25 (E) Rest (C) Rest	26 (E) 80 (C) 160	27 (E) 85 (C) 170
28 (E) 90 (C) 180	29 (E) 95 (C) 190	30 (E) 100 (C) 200				