

# GoodtoKnow

# The 30-day burpee challenge!

Burn fat while you tone in just 30 days!



<p><b>DAY 1</b> 3 sets of 5 reps of modification 1 : 30secs rest</p>	<p><b>DAY 2</b> 5 sets of 5 reps of mod 1 : 30secs rest</p>	<p><b>DAY 3</b> REST</p>	<p><b>DAY 4</b> 3 sets of 5 reps of mod 1 : 30secs rest : 3 sets of 5 reps of mod 2 : 30secs rest</p>	<p><b>DAY 5</b> 3 sets of 5 reps of mod 1 : 20secs rest : 5 sets of 5 reps of mod 2 : 30secs rest</p>	<p><b>DAY 6</b> 3 sets of 5 reps of mod 3 : 40secs rest</p>	<p><b>DAY 7</b> 3 sets of 5 reps of mod 3 : 40secs rest : 3 sets of 5 reps of mod 4 : 30secs rest</p>	<p><b>DAY 8</b> REST</p>	<p><b>DAY 9</b> 2 sets of 8 reps of mod 2 : 40secs rest : 2 sets of 8 reps of mod 3 : 40secs rest</p>	<p><b>DAY 10</b> 2 sets of 8 reps of mod 2 : 30secs rest : 2 sets of 8 reps of mod 4 : 30secs rest</p>
<p><b>DAY 11</b> 4 sets of 8 reps of mod 1 : 40secs rest : 3 sets of 5 reps of mod 5 : 40secs rest</p>	<p><b>DAY 12</b> REST</p>	<p><b>DAY 13</b> 3 sets of 8 reps of mod 2 : 30secs rest : 3 sets of 8 reps of mod 3 : 40secs rest</p>	<p><b>DAY 14</b> 1 set of 10 reps of mod 1 : 30secs rest : 1 set of 10 reps of mod 3 : 30secs rest : 1 set of 5 reps of mod 5</p>	<p><b>DAY 15</b> REST</p>	<p><b>DAY 16</b> 2 sets of 8 reps of mod 2 : 30secs rest : 2 sets of 5 reps of mod 5</p>	<p><b>DAY 17</b> 1 set of 10 reps of mod 1 : 40secs rest : 1 set of 3 reps of the full burpee sequence!</p>	<p><b>DAY 18</b> 3 sets of 8 reps of mod 2 : 30secs rest : 2 sets of 8 reps of mod 4 : 30secs rest : 1 set of 8 reps of mod 5</p>	<p><b>DAY 19</b> 1 set of 8 reps of mod 2 : 30secs rest : 5 sets of 5 reps of mod 5</p>	<p><b>DAY 20</b> REST</p>
<p><b>DAY 21</b> 1 set of 10 reps of mod 1 : 40secs rest : 1 set of 5 reps of the full burpee sequence!</p>	<p><b>DAY 22</b> REST</p>	<p><b>DAY 23</b> 3 sets of 8 reps of mod 3 : 30secs rest : 3 sets of 8 reps of mod 5</p>	<p><b>DAY 24</b> 3 sets of 8 reps of mod 2 : 30secs rest : 3 sets of 8 reps of mod 4</p>	<p><b>DAY 25</b> 2 sets of 6 reps of each modification (excluding 6) with 30secs between each</p>	<p><b>DAY 26</b> 1 set of 10 reps of mod 1 : 40secs rest : 1 set of 7 reps of the full burpee sequence!</p>	<p><b>DAY 27</b> REST</p>	<p><b>DAY 28</b> 3 sets of 10 reps of mod 3 : 30secs rest : 3 sets of 10 reps of mod 5</p>	<p><b>DAY 29</b> 3 sets of 10 reps of mod 2 : 30secs rest : 3 sets of 10 reps of mod 4</p>	<p><b>DAY 30</b> 1 set of 10 reps of mod 1 : 40secs rest : 1 set of 10 reps of the full burpee sequence!</p>

*Your full-body workout!*