

February

Burpee Challenge

2024

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES		
				1	2	3	Week 1 Tabata Style Burpees 8 Rounds 20s of work/10s Rest Sugarwod score total reps		
4	5	6	Week 1	7	8	9		10	Week 2 EMOM 10 30s work/30s rest Sugarwod score total reps
11	12	13	Week 2	14	15	16		17	Week 3 EMOM 10 Take average of highest score from last week . Do that # every minute on the minute. For example - if the most burpees in week 2 was 100, divide that # by 10. Average of 10 burpees per minute.
18	19	20	Week 3	21	22	23		24	Week 4 add 1 burpee to last week's number, If you did 10 on the minute for 10 m, do 11 on the minute for 10 minutes.
25	26	27	Week 4	28	29				

March

2024

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
		Week 4			1	2	Week 4 add 1 burpee to last week's number, If you did 10 on the minute for 10 m, do 11 on the minute for 10 minutes.
3	4	⁵ Week 5 ⁶		7	8	9	Week5 Add 1 burpee to last week's number, If you did 11 on the minute for 10 m, do 12 on the minute for 10 minutes.
10	11	¹² Week 6 ¹³		14	15	¹⁶ Last Day	Week 6 Add 1 burpee to last week's number, If you did 12 on the minute for 10 m, do 13 on the minute for 10 minutes.
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
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