

# The 30-Day Burpee Challenge

*Burn fat while you tone in just 30 days*

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