

Your name>

October 2020

50 burpees/day, 4x a week, over 4 weeks = 800 BURPEES



**YOU CAN!
YOU WILL!
October 1, 2020 - October 31, 2020
GAME ON.**

**BURPEES
CHALLENGE**

PLAY ALONG W/ JUNG, AND JUST. SQUEEZE.EVERYTHING. 🤖

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Actual x | Actual # | |
|---|--------------------------|--------------------------|--------------------------|--|---|---|----------|----------|--|
| 27 | 28 | 29 | 30 | 1 | 2 | 3 | | | |
| <p>THE WORKOUT WEEK STARTS ON SUNDAYS. THE FIRST FOUR DAYS ARE HIGHLIGHTED TO AIM AT FRONTLOADING THE 4 DAYS, SO YOU HAVE THE CUSHION OF THE REMAINING THREE DAYS OF THE WK SHOULD YOU NEED IT. ✓ OFF ACTUAL DAYS & NOTE REPS. AT THE END OF THE WEEK, WRITE IN ACTUAL #S: OF DAYS AND REPS FOR WK.</p> | | | | Set your goals as to how to incorporate the challenge. | Set your calendar and prepare space & gear. | Benchmark test--time your 50 reps and note the modifications. | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 1 | 2 | Notes | | | | | | | |
| | | | | | | | | | |

GOOD JOB!

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AMAZING!

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KEEP GOING!

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WOWWWW!!

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HOW'D YOU DO?

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BENCHMARK