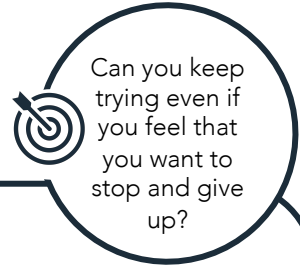




Burpees

60 Second Challenge

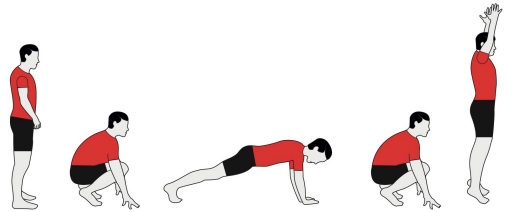


Can you keep trying even if you feel that you want to stop and give up?

How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.



No equipment is required.
Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions.

Achieve Gold
30 burpees



Achieve Silver
20 burpees



Achieve Bronze
10 burpees



Achieve Platinum!
To achieve platinum can you perform 40 burpees in 60 seconds?

