



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.



Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees



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 Platinum!

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

