

FOR THE LOVE OF BURPEES

February 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10 Burpees	2 10 Burpees	3 15 Burpees	4 15 Burpees	5 30 Second Plank X2	6 15 Burpees with Push-Up
7 20 Burpees	8 20 Burpees	9 20 Burpees with 2 Kicks	10 25 Burpees	11 25 Burpees	12 40 Second Plank X2	13 25 Burpees with 2 Lunges
14 Rest Day	15 30 Burpees	16 30 Burpees	17 30 Burpees with 2 Punches	18 35 Burpees	19 50 Second Plank X2	20 35 Burpees
21 35 Burpees with 2 Kicks	22 40 Burpees	23 40 Burpees	24 40 Burpees with 2 Lunges	25 45 Burpees	26 60 Second Plank X2	27 45 Burpees

Cross of each day you completed and turn post a picture of it on the [workOUTbreak](https://www.facebook.com/workOUTbreak) Facebook Page
 1 Lucky Winner will receive a \$25 Gift Card