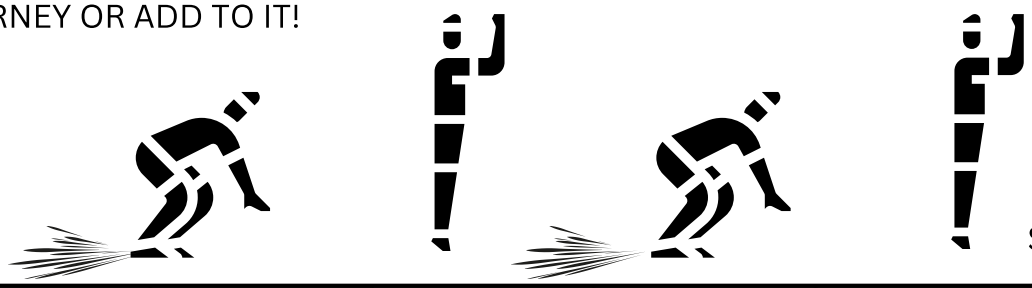




BURPEE CHALLENGE

CHALLENGE: DO AS MANY BURPEES IN ONE MINUTE

TIME YOUR SELF FOR A MINUTE EVERY DAY WHILE YOU DO AS MANY BURPEES AS YOU CAN. BURPEES ARE A FULL BODY AEROBIC EXERCISE THAT CAN HELP YOU KICK START YOUR FITNESS JOURNEY OR ADD TO IT!



See how to do a burpee *here!*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

Name: _____

Start Date: _____

Work location: _____

MCSIG Wellness REACHING HIGHER