

30 DAY BURPEE CHALLENGE TO GET SHREDDED

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Check out [article](#) for more info

This program involves performing four burpee variations: a half-burpee, a no-jump burpee, a no-pushup burpee, and a full burpee. The combination of these variations makes a burpee challenge interesting and effective.

Burpee Exercise Instructions

Half Burpee

A burpee involves going into a plank position and then returning to the start. To perform this variation, stand upright with your arms straight at your sides. Lean your torso forward and kick your leg back to land into a plank position. Reverse the movement to stand back.

No-Jump Burpee

The no-jump burpee involves a half-burpee with a pushup. People who feel jumping makes them tire quickly can use this exercise to enhance their endurance and cardiovascular fitness before doing full burpees.

No-Push Burpee

A no-push burpee involves a half-burpee with a jump. It is slightly challenging and will torch more calories than half and no-jump burpees. It is also effective for people who find it difficult to perform push-ups.

Full Burpee

A full burpee involves four different movements: plank, push-up, squat, and jump.¹ It works on almost the entire body and provides more positive psychological responses than sprinting and high-intensity interval training.²

Warm-up

- 15-second Jog in Place, 10-second rest
- 15-second Jumping Jacks, 15-second rest
- 15-second Mountain Climbing, 30-sec rest
- 10 **Dive Bomber Push-ups**, 2-minute break
- 15-second Inchworm
- 30-second Bird Dog
- 45-sec **Bear Crawl**
- You can use some of the above exercises to warm your muscles before going all for burpees.

Additional Instructions

- You'll be doing all the four burpee variations in sessions.
- You can do burpees at your selected pace, but make sure you increase intensity and push yourself slightly harder to reach a new level every day.
- You can increase or decrease repetitions, rest time between burpees and rounds, and intensity to suit your fitness level.
- If you're a beginner, decrease the number of reps and rounds and adjust the program according to your needs.

Monthly Schedule

Day 1

- 10 Half Burpees (No Push-up and Jump)
- 5 No-Pushup Burpees, 30-sec Break

- 5 No-Jump Burpees, 30-sec Break
- 5 Full Burpees, 30-sec rest
- Repeat two rounds at your selected pace.

Day 2

- 10 Half Burpees
- 5 No-Pushup Burpees, 30-sec rest
- 5 No-Jump Burpees, 30-sec rest
- 5 Full Burpees, 30-sec rest
- Complete two rounds for time

Day 3

- 10 Half Burpees
- 5 No-Pushup Burpees, 30-sec rest
- 5 No-Jump Burpees, 30-sec rest
- 5 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 4

- 10 Half Burpees
- 5 No-Pushup Burpees, 30-sec rest
- 5 No-Jump Burpees, 30-sec rest
- 5 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 5

- Perform as many burpees as possible in 10 minutes

Day 6

- 10 Half Burpees
- 5 No-Pushup Burpees, 30-sec rest
- 5 No-Jump Burpees, 30-sec rest

- 5 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 7

- 12 Half Burpees
- 6 No-Pushup Burpees, 30-sec rest
- 6 No-Jump Burpees, 30-sec rest
- 6 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 8

- 12 Half Burpees
- 6 No-Pushup Burpees, 30-sec rest
- 6 No-Jump Burpees, 30-sec rest
- 6 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 9

- Perform as many burpees as possible in 10 minutes

Day 10

Take a day off and let your muscles recover so they can be prepared for the next round of the 30 day Burpee challenge.

Day 11

- 10 Half Burpees
- 8 No-Pushup Burpees, 30-sec rest
- 8 No-Jump Burpees, 30-sec rest
- 8 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 12

- 10 Half Burpees
- 8 No-Pushup Burpees, 30-sec rest
- 8 No-Jump Burpees, 30-sec rest
- 8 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 13

- Perform as many burpees as possible in 12 minutes.

Day 14

- 10 Half Burpees, 45-sec rest
- 10 No-Pushup Burpees, 45-sec rest
- 10 No-Jump Burpees, 45-sec rest
- 10 Full Burpees, 45-sec rest
- Repeat three rounds for time

Day 15

- 10 Half Burpees, 45-sec rest
- 10 No-Pushup Burpees, 45-sec rest
- 10 No-Jump Burpees, 45-sec rest
- 10 Full Burpees, 45-sec rest
- Repeat three rounds for time

Day 16

- Rest and recover for the upcoming days.

Day 17

- 10 Half Burpees, 30-sec rest
- 10 No-Pushup Burpees, 30-sec rest
- 10 No-Jump Burpees, 30-sec rest

- 10 Full Burpees, 30-sec rest
- Repeat three rounds for time
- The rest time is reduced by 15 seconds.

Day 18

- 10 Half Burpees, 30-sec rest
- 10 No-Pushup Burpees, 30-sec rest
- 10 No-Jump Burpees, 30-sec rest
- 10 Full Burpees, 30-sec rest
- Repeat three rounds for time

Day 19

- Perform as many burpees as possible in 15 minutes.

Day 20

- 10 No-Pushup Burpees, 30-sec rest
- 10 No-Jump Burpees, 30-sec rest
- 10 Full Burpees, 30-sec rest
- Repeat four rounds for time

Day 21

- 10 No-Pushup Burpees, 30-sec rest
- 10 No-Jump Burpees, 30-sec rest
- 10 Full Burpees, 30-sec rest
- Repeat four rounds for time

Day 22

- Take a day off and let your muscles recover so you can push harder in the final phase.

Day 23

- Perform as many burpees as possible in 15 minutes.

Day 24

- 15 No-Pushup Burpees, 1-minute rest
- 15 No-Jump Burpees, 1-minute rest
- 15 Full Burpees, 1-minute rest
- Repeat three rounds at your selected pace.

Day 25

- 15 No-Pushup Burpees, 1-minute rest
- 15 No-Jump Burpees, 1-minute rest
- 15 Full Burpees, 1-minute rest
- Repeat three rounds at your selected pace.

Day 26

- 15 No-Pushup Burpees, 45-sec rest
- 15 No-Jump Burpees, 45-sec rest
- 15 Full Burpees, 45-sec rest
- Repeat three rounds at your selected pace.

Day 27

- 15 No-Pushup Burpees, 45-sec rest
- 15 No-Jump Burpees, 45-sec rest
- 15 Full Burpees, 45-sec rest
- Repeat three rounds at your selected pace.

Day 28

Take a Rest Day to Let Your Muscles Recover

Day 29

- 15 No-Pushup Burpees, 30-sec rest
- 15 No-Jump Burpees, 30-sec rest
- 15 Full Burpees, 30-sec rest

- Repeat three rounds at your selected pace.

Day 30

Perform as many full burpees as possible in 20 minutes.

Related Challenge:

- [30-Day Ab and Squat Challenge to Sculpt Your Legs and Core](#)
- [Free 30-Day Tabata Challenge to Tone Your Physique](#)
- [Free 30 Day Cardio Workout Plan at Home \(No Equipment\)](#)
- [Best 30-Day Plank Workout Routine to Sculpt Your Abs](#)

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