60 Second Challenge

Burpees

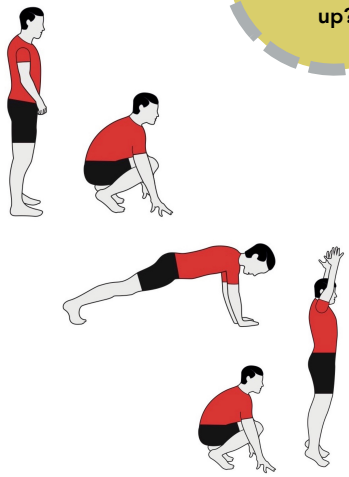
Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold

30 burpees

Achieve Silver

20 burpees

Achieve Bronze

10 burpees