

Burpeelicious Timed Challenge

Equipment: None

The Workout:

- Start with a 5-10 minute warm-up.
- Time this workout and see how quickly you can complete it. Repeat each week and compare your times to track your progress.
- Start with 10 Floppy Burpees and 1 Push-Up. Then keep repeating dropping 1 rep off each Burpee and adding 1 rep to each Push-Up until you have reached 1 Burpee and 10 Push-Ups.

The Exercises:

- Floppy Burpees 10 --> 1
- Push-Ups 1 --> 10