

Bazillion Burpees Workout Challenge

Warm Up:

10 walkouts

10 push ups

10 squats

10 jumping jacks

Round 1:

10 1/2 burpees

Rest 1 minute

Repeat x3

Round 2:

10 Competition Burpees

Rest 1 minute

Repeat x3

Round 3:

10 Leap Frog Burpees

Rest 1 minute

Repeat x3

Round 4:

10 Knee In Burpees

Rest 1 minute

Repeat x3

Round 5:

10 Front and Back Burpees

Rest 1 minute

Repeat x3

Cool Down and Stretch

That's 150 burpees! If you are a beginner, only do 5 burpees per set. If you're a pro, record your time and try to beat it next time!