

# 100

# BURPEE CHALLENGE

			7 <b>For time: 100 Burpee</b> 	8 <b>EMOM 4 min:</b> 7/12 Burpee Target <u>Rest 1 min and repeat</u>	9 <b>For time, 27-21-15-9 reps of:</b> American Swing Burpee over the Kb	10 <b>REST</b>
11 <b>AMRAP 3 min:</b> 8 Burpee Step-up 8 Thruster 8 V-up  <u>Rest 3 min and repeat 3 times</u>	12 <b>For max reps:</b> Tabata Dumbbell Press Rest 3 min Tabata Push-up	13 <b>AMRAP 9 min:</b> 3, 6, 9, 12... Reverse Burpee Reverse Lunge	14 <b>EMOM 5 min:</b> 7/12 Burpee Target  <u>Rest 2 min and repeat</u>	15 <b>AMRAP 12 min:</b> 7 Squat Jump 7 Burpee 7 Deadlift	16 <b>E2MO2M 20 min:</b> <b>ODD</b> 20 Weighted Sit-up <b>EVEN</b> 15 Push-up 15 Goblet Squat	17 <b>REST</b>
18 <b>For time:</b> 100 Double Under 20 Thruster 20 Weighted Step-up 20 Devil Press 20 Weighted Step-up 20 Thruster 100 Double Under	19 <b>For time, 20 rounds of:</b> 10 Alt. Kb Lunge 5 Burpee 10 Single-arm Russian Swing	20 <b>EMOM 4 min:</b> 9/14 Burpee Target  <u>Rest 2 min and repeat</u>	21 <b>AMRAP 3 min:</b> 12 Pull-up 12 Burpee  <u>Rest 3 min and repeat 3 times</u>	22 <b>For time:</b> 100 Double Under 21 Burpee 100 Double Under 15 Burpee 100 Double Under 9 Burpee	23 <b>6 90-sec rounds of:</b> 3 HSPU 9 Burpee over the Db 15 Alt. Db Snatch	24 <b>REST</b>
25 <b>For time, 3 rounds of:</b> 20 Thruster 20 Lateral Burpee	26 <b>EMOM 4 min:</b> 10/15 Burpee Target  <u>Rest 2 min and repeat</u>	27 <b>Accumulate 5 min of:</b> Hollow Body Hold  <u>Every break: 10 Burpee</u>	28 <b>For time:</b> 3Km Run	29 <b>For time:</b> 100 Sit-up 100 Lunges 100 American Swing	30 <b>For time: 100 Burpee</b>  	

# MIGLIORA LA TUA FORMA IN 19 WORKOUT