

BURPEE HOUR

#BURPEESFORTAKEOUT

PRESENTED BY



THE WORKOUT

The athlete will complete as many burpees as possible in 60 minutes. Your total number of repetitions completed will be your score.

MOVEMENT STANDARDS

Place the hands at approximately shoulder width.
Jump back to a push up position.
Lower the chest and thighs to the ground.
Push up and jump the feet back up towards the hands.
Jump to full hip and knee extension.
Extend the arms overhead during the jump.

SCORE SUBMISSION

Scores must be submitted via Competition Corner no later than Sunday, May 3rd by 8:00 PM EST.

ATHLETE NAME

AFFILIATE NAME

LOCAL BUSINESS SUPPORTING

BURPEE TRACKER

20	<input type="checkbox"/>	320	<input type="checkbox"/>	620	<input type="checkbox"/>	920	<input type="checkbox"/>
40	<input type="checkbox"/>	340	<input type="checkbox"/>	640	<input type="checkbox"/>	940	<input type="checkbox"/>
60	<input type="checkbox"/>	360	<input type="checkbox"/>	660	<input type="checkbox"/>	960	<input type="checkbox"/>
80	<input type="checkbox"/>	380	<input type="checkbox"/>	680	<input type="checkbox"/>	980	<input type="checkbox"/>
100	<input type="checkbox"/>	400	<input type="checkbox"/>	700	<input type="checkbox"/>	1000	<input type="checkbox"/>
120	<input type="checkbox"/>	420	<input type="checkbox"/>	720	<input type="checkbox"/>	1020	<input type="checkbox"/>
140	<input type="checkbox"/>	440	<input type="checkbox"/>	740	<input type="checkbox"/>	1040	<input type="checkbox"/>
160	<input type="checkbox"/>	460	<input type="checkbox"/>	760	<input type="checkbox"/>	1060	<input type="checkbox"/>
180	<input type="checkbox"/>	480	<input type="checkbox"/>	780	<input type="checkbox"/>	1080	<input type="checkbox"/>
200	<input type="checkbox"/>	500	<input type="checkbox"/>	800	<input type="checkbox"/>	1100	<input type="checkbox"/>
220	<input type="checkbox"/>	520	<input type="checkbox"/>	820	<input type="checkbox"/>	1120	<input type="checkbox"/>
240	<input type="checkbox"/>	540	<input type="checkbox"/>	840	<input type="checkbox"/>	1140	<input type="checkbox"/>
260	<input type="checkbox"/>	560	<input type="checkbox"/>	860	<input type="checkbox"/>	1160	<input type="checkbox"/>
280	<input type="checkbox"/>	580	<input type="checkbox"/>	880	<input type="checkbox"/>	1180	<input type="checkbox"/>
300	<input type="checkbox"/>	600	<input type="checkbox"/>	900	<input type="checkbox"/>	1200	<input type="checkbox"/>

TOTAL BURPEES



THEBURPEEHOUR #BURPEESFORTAKEOUT