

100 Day Burpee Challenge Details

Beginning August 1st, we are going to do one burpee on day one and add one each day until we get to 100 burpees on the 100th day! Below are the rules and standards for completing a burpee. If you are interested in joining the challenge, please send an e-mail to ann@magdziasz.com! We'll add you to the list!

The Rules:

1. Use Burgener's burpee standards for form (see examples below, or [watch this video](#))
2. You can complete each day's burpees all at once, or broken up and done at different times throughout the day.
3. If for some reason you miss a day, you have to make up all the missed burpees the following day.
4. If you don't start the challenge with us today, you can "buy-in" at any time by doing ALL the missed day's burpees on your first day.
5. Any burpees you complete during your regular workout can count towards that day's Challenge burpees, if you want them to.
6. Have fun doing burpees and getting stronger doing it!

Burpee Challenge Form Standards:

1. Start with hands on the ground in front of your feet. Keep your back straight.



2. Kick feet out behind you into the top of the push-up portion of the burpee. Your body should be straight and tight in a flat plank.



3. Lower your body into the lowest part of a push-up. Your chest and thighs should ultimately touch the ground at the same time. Remember to keep your whole body, especially your midline, tight.

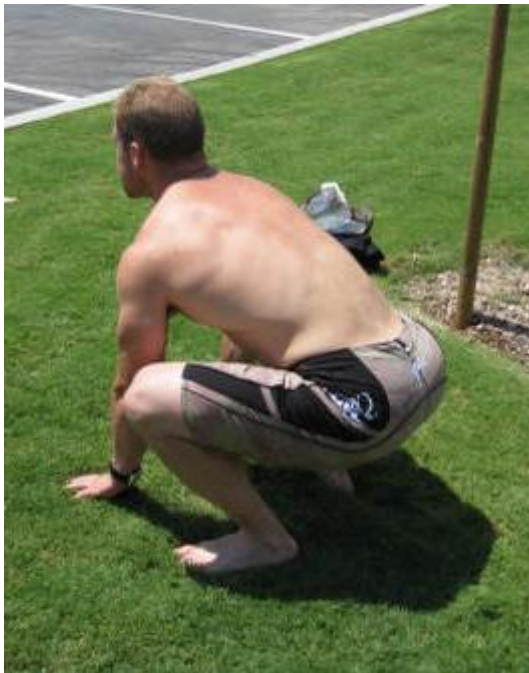


While throwing your body on the ground and therefore touching both chest and thighs to the ground is acceptable by some standards, we feel more is to be gained from doing a strict push-up in this Challenge.

4. Push up into the top of the push-up position again.



5. Jump your feet up to your hands into your starting position.



6. Jump into the air and clap your hands overhead so that your arms are partially blocking or behind your ears. Your feet should leave the ground, your hips should be open.

