

2013

The 330 Burpee Challenge



Boot Camp & Military Fitness
Institute
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THE 330 BURPEE CHALLENGE

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1.0 Aim of the Session

The aim of this session is to complete both parts of the Burpee Challenge in the same time, whilst achieving as quick an overall time as possible.

The second time recorded should match, as closely as possible, the first time recorded.

2.0 Equipment Required

- Two cones; and
- Stop watch.

3.0 Layout

Place the equipment as illustrated in figure 1 below.

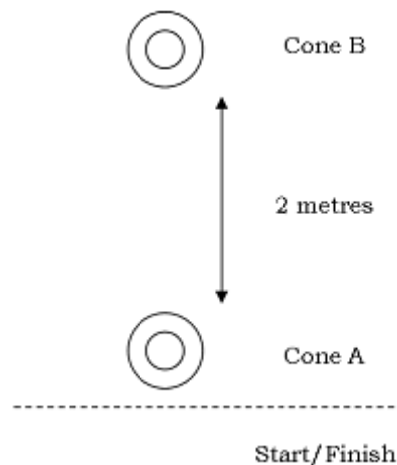


Figure 1: Layout of equipment

4.0 Administration

1. Conduct a thorough warm-up.
2. Start at Cone A and start the stop watch.
3. Complete 30/21 Jump Burpees (a normal burpee immediately followed by a jump).
4. Walk to Cone B, then back to Cone A.
5. Repeat points 3 and 4, dropping by 3 each time, until you reach zero.
6. Stop the stop watch.
7. Compulsory rest period (minimum 2 minutes and maximum of 5 minutes).
8. Repeat points 2 to 6.
9. Conduct a thorough warm-down and stretching period.

5.0 Number of Exercises Completed

1 st Sets	30 Burpee Start Point	21 Burpee Start Point	2 nd Sets	30 Burpee Start Point	21 Burpee Start Point
30	30	-	30	195	-
27	57	-	27	222	-
24	81	-	24	246	-
21	102	21	21	267	105
18	120	39	18	285	123
15	135	54	15	300	138
12	147	66	12	312	150
09	156	75	09	321	159
06	162	81	06	327	165
03	165	84	03	330	168

6.0 Recording Your Time

If you wish to be included in the Burpee Challenge hall of fame then email, fitnessbootcampsuk@btinternet.com, with your time for both parts of the challenge.

7.0 Hall of Fame

Name	Date	30/21 Challenge	Part 1 Time	Part 2 Time	Total Time
Joe Soap	18/07/2013	21	10.03	10.16	20.19