

3 COMMIT



30 FOR 30 ✓ BURPEE OR PUSHUP CHALLENGE


Let's get stronger together!

Commit to 30 burpees or 30 pushups a day for the next 30 days.
Jumpstart your strength and fitness training today!



EVERY
WORKOUT
counts



1	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	2	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	3	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	4	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	5	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	6	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	7	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS
8	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	9	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	10	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	11	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	12	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	13	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	14	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS
15	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	16	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	17	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	18	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	19	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	20	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	21	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS
22	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	23	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	24	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	25	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	26	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	27	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	28	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS
29	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	30	<input type="checkbox"/> 30 BURPEES -OR- <input type="checkbox"/> 30 PUSHUPS	 <p>DO THIS for you</p> 