

# 30 TAGE BURPEES CHALLENGE



Tag 1

1 x

Tag 2

3x

Tag 3

5x

Tag 4

7x

Tag 5

9x

Tag 6

Pause :)

Tag 7

11x

Tag 8

13x

Tag 9

15x

Tag 10

17x

Tag 11

19x

Tag 12

Pause :)

Tag 13

21x

Tag 14

23x

Tag 15

25x

Tag 16

27x

Tag 17

29x

Tag 18

Pause :)

Tag 19

31x

Tag 20

33x

Tag 21

35x

Tag 22

37x

Tag 23

39x

Tag 24

Pause :)

Tag 25

41x

Tag 26

43x

Tag 27

45x

Tag 28

47x

Tag 29

49x

Tag 30

50x

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