

The 21-Day Burpee Challenge for Spite Fitness Members

Get ready for 21 days of building strength, increasing cardio fitness and burning fat! Whichever fitness level you belong to - beginner, intermediate, or advanced - this challenge has been designed to improve your overall fitness, all using just one exercise - the burpee.

Challenge Overview

The burpee is a total body strength training exercise. Although it's challenging, it's also very effective. You'll work your arms, chest, quads, glutes, hamstrings, and abs with each repetition.

For this challenge, you will gradually increase the number of burpees you do each day over a period of 21 days. We've set guidelines for three levels of fitness - beginner, intermediate or advanced.

Burpee Guidelines

Here's a basic breakdown of the exercise:

Start in a standing position.

Drop into a squat position with your hands on the ground.

Kick your feet back into a plank position, while keeping your arms extended.

Return your feet into squat position.

Stand up from the squat position and jump with an arm raise.

Ensure you maintain a good form to prevent any injuries.

Challenge Schedule



Beginner Level

Day 1-7: 5 burpees
Day 8-14: 10 burpees
Day 15-21: 15 burpees



Intermediate Level

Day 1-7: 10 burpees
Day 8-14: 20 burpees
Day 15-21: 30 burpees

Advanced Level

Day 1-7: 25 burpees
Day 8-14: 35 burpees
Day 15-21: 50 burpees

Note: All members are recommended to rest every seventh day to ensure the body has time to recover.

Tips for Success

Warm up: Do not start the challenge immediately. Ensure a good warm up before you start.

Maintain form: Make sure you perform each burpee with proper form to prevent injury.

Hydrate: Stay hydrated throughout the challenge and do not forget to drink water.

Rest: Do take rest days as suggested and do not overstrain yourself.

Stay motivated: It will get tough, but remember why you started. Encourage one another as a team.

Join us in this fantastic 21-day burpee challenge, regardless of your fitness level. Let's raise the bar and burn those calories together!

Remember, it's not about the destination, but the journey to improve and challenge yourself every day. Let's get started!

Your progress is our success at Spite Fitness!