

W.O.W.

WAC ON WELLNESS

21-DAY BOSU BURPEE BURN

Ah, the ever dreaded burpee! What a way to start your 2018 fitness year, than challenging your mind and body with this BOSU progression. At the end of this challenge you will have completed 205 burpees, 165 planking scissors, and 70 mountain climbers. All this hard work and dedication will make you conquer this dreaded move, making your body stronger and ready to FIND YOUR FIT in 2018.

DAY 1: Five burpees

DAY 2: Ten burpees

DAY 3: Fifteen burpees

DAY 4: Twenty burpees

DAY 5: Walking plank - On and off the bosu in push up position.

(Until failure.... Keep your amount for week two progression)

DAY 6: 5 burpees adding five planking scissors

DAY 7: Ten burpees, adding ten scissors

DAY 8: Fifteen burpees, adding fifteen scissors

DAY 9: Twenty burpees, adding twenty scissors

DAY 10: Walking Plank - On and off the bosu ball, adding a push up.

(Until failure...push past last weeks total)

DAY 11: Five burpees, adding five planking scissors and five mountain climbers.

DAY 12: Ten burpees, adding ten scissors and ten mountain climbers.

DAY 13: Fifteen burpees, adding fifteen scissors and fifteen mountain climbers.

DAY 14: Twenty burpees, adding twenty scissor and twenty mountain climbers.

DAY 15: Walking plank - On and off the bosu ball, adding push ups.

(Until failure, beating last weeks total)

DAY 16: Five burpees, adding a jump/or a push-up, five scissors, five mountain climbers.

DAY 17: Ten burpees, with a jump/push up, ten scissors, ten mountain climbers.

DAY 18: Fifteen burpees with a jump/push up, fifteen scissors, fifteen mountain climbers.

DAY 19: Twenty burpees, with a jump/push up, twenty scissors, twenty mountain climbers.

DAY 20: Walking plank...on and off the bosu ball, with push up.

(Until Failure, beating last weeks total)

DAY 21: Put all together - 5 burpees with a jump/push up, 15 plank scissors, 20 mountain climbers.

(Until Failure, walking plank...on and off the ball with a push up.



BY RICK HUERTA

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Wisconsin Athletic Club
FIND YOUR FIT.

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