

CrossFit Rockford 100-Day Burpee Challenge

Beginning Tuesday August 19th all participants do one burpee, adding a burpee each day until reaching 100 burpees on the 100th day! All burpees will be done to CrossFit Games standard (see page 2)

If a participant wishes to join the challenge after Aug 19th they must 'buy-in', do the total burpees for that day as well as all of the burpees missed since the beginning of the Challenge.

Burpees done in a regular workout can count towards that days total but excess burpees cannot be carried over to the next day.

The burpee challenge will be on the honor system, there will be no official forum other than your word.

Date	Burpee	Buy-In (Tot)	Date	Burpee	Buy-In (Tot)
August 19	1	1	Oct 8	51	1326
Aug 20	2	3	Oct 9	52	1378
Aug 21	3	6	Oct 10	53	1431
Aug 22	4	10	Oct 11	54	1485
Aug 23	5	15	Oct 12	55	1540
Aug 24	6	21	Oct 13	56	1596
Aug 25	7	28	Oct 14	57	1653
Aug 26	8	36	Oct 15	58	1711
Aug 27	9	45	Oct 16	59	1770
Aug 28	10	55	Oct 17	60	1830
Aug 29	11	66	Oct 18	61	1891
Aug 30	12	78	Oct 19	62	1953
Aug 31	13	91	Oct 20	63	2016
Sep 1	14	105	Oct 21	64	2080
Sep 2	15	120	Oct 22	65	2145
Sep 3	16	136	Oct 23	66	2211
Sep 4	17	153	Oct 24	67	2278
Sep 5	18	171	Oct 25	68	2346
Sep 6	19	190	Oct 26	69	2415
Sep 7	20	210	Oct 27	70	2485
Sep 8	21	231	Oct 28	71	2556
Sep 9	22	253	Oct 29	72	2628
Sep 10	23	276	Oct 30	73	2701
Sep 11	24	300	Oct 31	74	2775
Sep 12	25	325	Nov 1	75	2850
Sep 13	26	351	Nov 2	76	2926
Sep 14	27	378	Nov 3	77	3003
Sep 15	28	406	Nov 4	78	3081
Sep 16	29	435	Nov 5	79	3160
Sep 17	30	465	Nov 6	80	3240
Sep 18	31	496	Nov 7	81	3321
Sep 19	32	528	Nov 8	82	3403
Sep 20	33	561	Nov 9	83	3486
Sep 21	34	595	Nov 10	84	3570
Sep 22	35	630	Nov 11	85	3655
Sep 23	36	666	Nov 12	86	3741
Sep 24	37	703	Nov 13	87	3828
Sep 25	38	741	Nov 14	88	3916
Sep 26	39	780	Nov 16	90	4095
Sep 28	41	861	Nov 17	91	4186
Sep 29	42	903	Nov 18	92	4278
Sep 30	43	946	Nov 19	93	4371
Oct 1	44	990	Nov 20	94	4465
Oct 2	45	1035	Nov 21	95	4560

CrossFit Rockford 100-Day Burpee Challenge

Date	Burpee	Buy-In (Tot)	Date	Burpee	Buy-In (Tot)
Oct 3	46	1081	Nov 22	96	4656
Oct 4	47	1128	Nov 23	97	4753
Oct 5	48	1176	Nov 24	98	4851
Oct 6	49	1225	Nov 25	99	4950
Oct 7	50	1275	Nov 26	100	5050

CrossFit Games Burpee Form Standard:

Each rep of the burpee will only count when full range of motion is achieved. The bottom limit is when your chest and thighs touch the ground. The top limit is when your hands clap overhead with your feet off the ground and your hips and legs fully extended. There is no height requirement on the jump, but **the clap must occur while airborne**. The clap is considered overhead when the arm crosses the plane of the ear (when viewed from the side). If the timing is missed, you may repeat the jump to complete the rep.