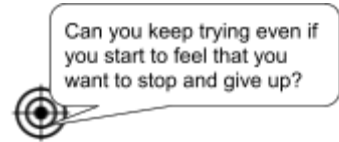




Burpees 60 Second Challenge




How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.



No equipment is required.
Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions. 

Achieve Platinum!
To achieve platinum can you perform 40 burpees in 60 seconds?


Achieve Gold
30 burpees 

Achieve Silver
20 burpees 

Achieve Bronze
10 burpees 

Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.