



VERVE TRAINING

INDIVIDUAL

EVERYBODY LOVES ... BUPREES!!! (:

OCTOBER 5th - 9th

RECEIVE BURST OF ENERGY EVERY DAY!
AND MAINTAIN HIGH LEVELS ALL WEEK!

CHALLENGE YOUR CARDIO, STRENGTHEN YOUR BODY AND MUSCLES
WITH THE ONE OF THE BEST EXERCISES. GET A FULL BODY WORKOUT.

HOW IT WORKS:

EVERY DAY YOU WILL PERFORM A DIFFERENT BURPEE.
EVERY DAY YOU WILL BE SENT A VIDEO WITH A NEW STYLE.
KEEP TRACK OF YOUR PROGRESS AND DO UPLOADS OF DAILY ROUTINE IN
VerveTraining APP,
STAY MOTIVATED,

GOAL:

THE MOST BURPEES YOU CAN DO IN ONE DAY FOR 5 CONSECUTIVE
DAYS.
BURPEES CAN BE DONE IN ONE SET OR AS MANY SETS AS YOU LIKE
THROUGHOUT YOUR DAY.
ONLY STRICT FORM COUNTED.

ARE YOU IN!?