



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE KEENE FAMILY YMCA

BURPEE RELAY

- Teams of three will have one hour to complete as many burpees as possible.
- One person must be performing burpees at all times.
- Only one person may be performing burpees at a time.

Come celebrate the birthday of Royal Huddleston Burpee

Keene Family YMCA
200 Summit Road
Keene, NH 03431
603-352-6002
www.keeneymca.org
#burpeechallenge

June 3rd
10-11am

\$20 per team
Suggested donation



THE SQUAT



THE KICK BACK



THE PUSH UP



THE SQUAT

THE JUMP