

## HAPPY NEW YEAR CROSSFIT FLOOD!!!!

On January 1st, 2012 we will embark on 100 days of burpees. This has become a challenge between various CF affiliates, and CF Flood started this challenge last year. Let's keep the tradition going!

Here are the Rules:

1. Starting by doing 1 burpee on day 1. Add 1 burpee to your daily total each day for 100 days, finishing with 100 burpees on day 100. So, that means 1 burpee on day 1, 2 burpees on day 2, 3 burpees on day 3...and so on.
2. Burpees do not have to be performed all at one time. You can spread them out through the day as you see fit.
3. If burpees are part of the warm-up, WOD or cool-down, you can count them. Any burpees performed during the day count.
4. If you miss a day, make them up on the following day.
5. If you decide to join the group late, do all of the burpees owed up until the day you join, and then keep on going.
6. This is about integrity. If you drop out, let us know so we can take your name off the list. We're talking bragging rights here.
7. Take a picture or shoot video of you doing burpees in unique places or settings and we'll post them to the CrossFit Flood Page.

The challenge wraps up on April 9th. We'll be sure to make it memorable.