Cranston High School East
Burpees for the Brave
RI Department of Veterans Affairs Medical Center
Duty, Honor, Courage
Cranston High School East – Home of the Thunderbolts
“Burpees For the Brave” is a fund raiser
CHSE challenged by Coventry H.S. to a
“Burpee” contest to support veterans
Coventry Burpee Challenge was on 21 Dec 15
Coventry H.S. Raised $5,165.00
Cranston East has accepted the Coventry challenge
CHSE proceeds will benefit the RI Dept of Veterans Affairs Medical Center
CHSE Burpee Challenge

✓ Wednesday March 16, 2016 “G” Day
✓ Last period of the day (Period 3) in the gym
✓ Students must register to participate
✓ Registration fee $10 / donations welcome
✓ Registration 7-11 March 2016 7-00 – 7:30 AM
✓ On Challenge day, participants will have 5 minutes to do as many burpees as they “safely” can

Cranston High School East – Home of the Thunderbolts
The Burpee

Five Count Movement

1. Start in a standing position.
2. Squat down.
3. Jump your feet together into a full plank position.
4. Do a burpee by jumping up and down.
5. Finish by standing up with your hands in the air.
Burpees for the Brave

Being Brought to you by:

➢ The Office of Student Services
➢ The Physical Education Department
➢ Junior ROTC – Celebrating 100 years of Leadership and Excellence

Cranston High School East – Home of the Thunderbolts