



A Simple guide to:

## Burpees

Burpees are one of those exercises that everybody loves to hate, but they offer so many benefits that their popularity is spreading regardless of how hard they may feel when you do them.

These days, you'll encounter burpees everywhere from HIIT (high intensity) workouts to boot camps to CrossFit, and for good reason. They're one of the most efficient, functional exercises you can do.

There are many variations, but we will run through the basic Burpee.



- **Stand straight, then lower into a squat position with your hands on the floor in front of you.**
- **Kick your feet back into a push-up position and immediately drop your chest to the floor.**
- **Bow your chest up as you return your feet back to the squat position as fast as possible.**
- **Jump up into the air as high as you can.**
- **Add a little clap for pizzazz**

**And now, here are reasons why burpees are awesome**

- They burn mega calories. Burpees make your body a fat burning machine. That's because since burpees are an intense fully body exercise, they burn a ton of calories. Plus, research shows that high intensity exercises like burpees burn up to 50% more fat than moderate exercising. And better yet, they speed up your metabolism throughout the day—meaning you'll burn more calories all day long, even after your burpee hell is over. So if you want to lose weight, ditch the recumbent bike and elliptical machine—and do some burpees instead.

- They make you stronger. The burpee is a full body strength training exercise and the ultimate example of functional fitness. With every rep, you'll work your arms, chest, quads, glutes, hamstrings, and abs. After a few sets of burpees, your legs should feel a little bit like lead.
- They're great for conditioning. Why do you think burpees are embraced in the hardest of workouts (like CrossFit)? Because they're great for developing conditioning and endurance! And they get your heart rate up—fast. Burpees are a great way to get in shape quickly, whether your goal is to learn a new sport, train for a triathlon, hike a big mountain, or, just to look good.
- They're portable and require no equipment. The best thing about burpees? They require absolutely no equipment. You can do burpees in your house, in a nearby park
- Unlike isolation exercises like biceps curls and triceps kickbacks, burpees are a full body exercise. That means you'll work pretty much every muscle in your body while doing them, so you'll actually burn more calories in less time when you do burpees. Do them quickly with intensity and you'll get an even bigger calorie burning effect that will last all day long.
- They boost your endurance. Want to get fit in a hurry? Whether your goal is to train for a race, try a new sport, get in shape or just to look good, burpees will get you there, fast. In fact, burpees are one of the best exercises EVER to boost your conditioning and endurance for sports and other activities. Even just 10 burpees in a row will make your heart pound and your breath get quicker. Do them consistently and watch as your conditioning level skyrockets

