

30 DAY BURPEE CHALLENGE

Burpees are a popular High Intensity exercise that can be a great conditioning and cardio move. It works the entire body and are often dreaded by even the fittest person. They can however, be modified easily to fit any and all fitness levels. They use squats, planks, and push ups and help build cardio due to it's fast-paced and plyometric moves.

Benefits of doing burpees?

- Burpees are a full body move, that means you get more bang for your fitness buck - one burpee works multiple muscle groups at once!
- They are a great cardiovascular move getting the blood pumping and strengthening the heart
- Increase explosive power and speed. If you're hoping to get fast-twitch muscle fibers working, burpees can help!
- Strengthening for the arms, legs and core, while doing multiple moves in one
- Endurance and conditioning are built by pushing through the toughness of this move
- Can be modified for anyone - try it elevated, drop to your knees, remove or lower the impact of the jump... no matter your fitness levels, a version of burpees can be incorporated!

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

Common Problems and How to Fix Them

Problem: Not being warmed up

Without a sufficient warm up, you could risk injury, burpees should not be done with cold or stiff muscles.

Solution: Try these after a 3 minute warm up of jumping jacks, skipping, inchworms and hip circles.

Problem: Rushing Through Them

Solution: Take your time through each phase of the burpee ensuring you are engaging all muscles throughout, not only will this reduce injury risk but it will make the exercise work harder for you!

Problem: Holding your Breath

Solution: Always maintain a steady (albeit laboured at times!) inhale and exhale. Holding your breath increases injury risk because you're not able to engage muscles to their fullest.

Problem: Not knowing when to rest or modify

Solution: You should not be puking after doing your burpees! Instead, if you require a rest break, water or a moment to catch your breath - TAKE IT! We are all working at our own pace and fitness levels to get through.

You can always repeat the program with fewer modifications, so start where you're able to complete the rounds and adjust as needed.

How to Do a Burpee

1. Stand with your feet shoulder distance apart, arms at the side. Be sure to engage the abdominals and keep your back flat, shoulders back.
2. Bend at the hips and lower into a squat position, and hinge forward so that your hands can reach to the floor. Keep your back flat as long as possible - you may lift your hips up more if needed to maintain a flat back
3. Kick your feet back so that you are in plank position. Both feet jump back together and your shoulders are stacked over your wrists, eyes looking forward to maintain a straight line.
4. Perform a push up, lowering your chest down to the floor while you engage and squeeze your glutes, abs, legs and back, drawing shoulder blades together, press back up into plank position
5. Jump your feet forward to the squat position, heels flat on the floor, core engaged, and back flat.
6. Pressing through your heels, explode up with your hands extended over head, jumping off the floor into a straight line
7. Land either back on the floor or directly into the next squat to perform the next burpee



3 Burpees 1	5 Burpees 2	7 Burpees 3	5 Burpees X2 (10 Total) 4	Rest 5
9 Burpees 6	11 Burpees 7	13 Burpees 8	9 Burpees X2 (18 Total) 9	Rest 10
11 Burpees 11	13 Burpees 12	15 Burpees 13	11 Burpees X2 (22 Total) 14	Rest 15
17 Burpees 16	19 Burpees 17	21 Burpees 18	17 Burpees X2 (34 Total) 19	Rest 20
21 Burpees 21	19 Burpees 22	23 Burpees 23	19 Burpees X2 (38 Total) 24	Rest 25
23 Burpees 26	25 Burpees 27	27 Burpees 28	Rest 29	30 Burpees 30

You can take breaks and modify any time needed. This Program is designed to be repeated as you increase the difficulty!