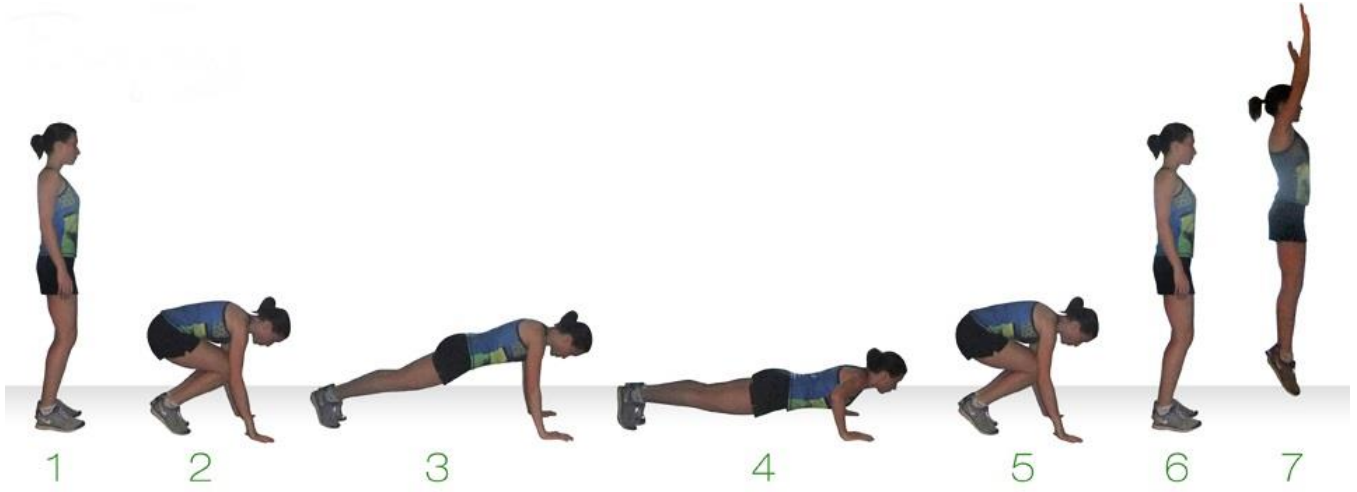


# Burpees



## Description:

1. Stand with your feet hip width apart and your arms down by your side
2. Lower into a squat position with your hands flat on the floor in front of you
3. Kick your legs backwards into a press up position
4. Lower your chest to the floor.
5. Push your chest back up to the press up position and thrust both feet forward so you are back in the squat position
6. Jump up and raise both hands over your head

**Sets/reps:** 3 sets of 30 seconds per set.

**Modifications:** Exclude the jumping portion if you experience low back pain. Complete press up portion from the knees to reduce difficulty.

**Common Mistakes:** Letting the hips drop in press up position, not jumping with power.

**Target Muscles:** Everything!

**\*\*Tip:** Once comfortable with the exercise, complete each burpee as quickly as possible.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

## Movement of the Week

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