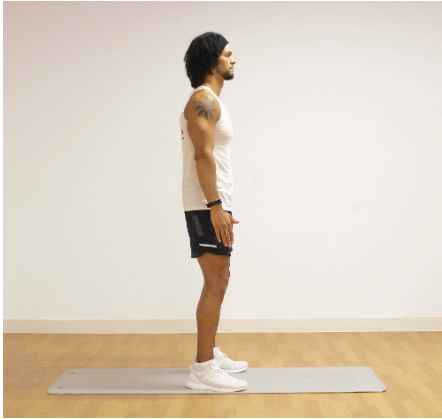


BURPEES BEGINNERS

START



- Stand with feet flat on mat, shoulder width apart
- Arms by your side

POSITION 2



- Lower into a squatting position
- Hands on the mat in front of

POSITION 3



- Keeping arms extended kick feet back into a push up position
- Abs tight, with straight shoulder, hip, knee and ankle alignment

POSITION 4



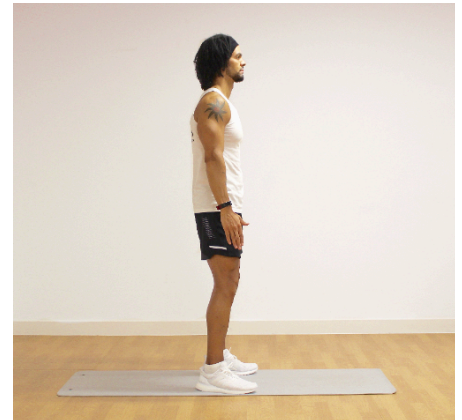
- Thrust your knees towards your hands to return to a squat

POSITION 5



- Explode upward from the balls off your feet
- Fully extend your hips
- Squeeze your glutes

END



- Land back on the mat in the starting position with soft knees
- Repeat

MUSCLES TARGETED

DELTOIDS, TRICEPS, GLUTES, QUADS, HAMSTRINGS & CORE MUSCLES

- Burpees target a wide range of muscles making this an all round strength and conditioning exercise

NOTE

Many skeletal muscles are involved in burpees which can dramatically elevate your heart rate therefore ensure you maintain good hydration.