

# CHALLENGE BURPEE

10 FOLLOW-ALONG  
WORKOUTS

## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## Video Follow Along Workouts

Get ready to follow along and up your fitness game!

### Check out the burpee variations in the video.

When you do burpees, you can add a push up (or NOT). It depends on your fitness and energy levels. Obviously, adding the push up will increase intensity and tax your upper body even more. Remember my *number one rule* for ANY workout plan is QUALITY over QUANTITY. So if it means not doing the push up on every burpee and improving the quality of each repetition, then that's what you'll do.

And along those lines, if a burpee variation is given that's over the top intense for you, and you can't maintain proper form, back off. Do a modification; check the modification video for ideas. Keep moving, do the best you can, keep notes on your progress and demand more of yourself the next time you train.

You'll find a video on the download page with all the burpee variations that you'll use in the program. Here is a list of burpee variations and the time that you'll find them in the video:

1. Full body extension )	00:05
2. Burpee walk out	00:12
3. Burpee no push up	00:21
4. Burpee	00:32
5. Frogger burpee	00:42
6. Long jump burpee	00:53
7. One legged long jump burpee	01:10
8. Sit out burpee	01:19
9. Mountain climber burpee	01:36
10. Weighted burpee	01:52
11. One legged burpee	02:06
12. Renegade burpee	02:14
13. Burpee pull up	02:38
14. One legged burpee pull up	02:49
15. Box jump burpee	03:03
16. Box jump burpee pull up	03:15

## **Challenge Burpee Workout #1 - Burp Climb Pull Up Finisher**

Equipment: pull up bar

1 burpee/2 mountain climbers/1 pull up

1 burpee/4 mountain climbers/1 pull up....

1 burpee/20 mountain climbers/1 pull up

(1 mountain climber is BOTH sides left/right counts as ONE)

Come down the ladder 20 mountain climbers, 18, 16, 14...2 (if you dare).

Try to complete in as little time as possible, beat your time next time out. (You're a beast if you can do this in under 5 min)

## **Challenge Burpee Workout #2 - Burpee Basics**

Set your timer for repeats of 20 seconds with a 5 second transition to do:

- 20 seconds of burpees
- 20 seconds of prisoner squats
- 20 seconds of spiderman push ups

Repeat four times

## **Challenge Burpee Workout #3 - Burpee Rotissarie**

Set your timer for 30 seconds work/5 seconds transition for 18 sets.

- Long jump burpee
- Front plank 30 seconds
- Mountain climber burpee
- Side plank 30 seconds
- Sit out burpee
- Side plank (other side) 30

Repeat circuit three times

## **Challenge Burpee Workout #4 - Renegade Burpee Count Up**

Equipment: DB's

Set your timer for 10 minutes, get as much done as you can. Start with one rep of the burpee renegade row, clean and press movement. Add reps until you get to 10 reps.

Here's the movement:

- Start in a standing position, DB's by your side.
- Drop down into a high plank.
- Do a renegade row on each arm.
- Return to standing position.
- Do upright row.
- Do a squat with the DB in front squat position.
- Do a shoulder press.
- Return the DB's to the side.
- Repeat the movement, add a rep to the renegade row (each arm), shoulder press and squat.
- Rest 10-15 seconds

Modify with a burpee walk out to start, or hop the legs back, add a push up or not, your choice. This is tougher than it looks.

Get up to 10 reps. Time yourself, beat your time next time. Beasts can go back down the ladder.

## **Challenge Burpee Workout #5 - Bulgarian Burpee**

Equipment: box

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- Wide stance Burpee
- Bulgarian split squat prisoner arm position 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- Triple stop push ups
- Front plank recovery 30 seconds

Repeat circuit four times

## **Challenge Burpee Workout #6 - Make Your Ham Sing**

Equipment: stability ball

Do SIX reps of each:

- one legged burpee
- same leg stability ball ham curl
- other leg burpee
- other leg stability ball ham curl
- ab roll out with stability ball
- rest 15 seconds

Repeat this circuit 4 times.

## **Challenge Burpee Workout #7 - What To Do With a Box?**

Equipment: box

Set a timer for 40 seconds of work with a 10 second transition:

- Box jump burpee
- Decline push ups
- Burpee
- Reverse bench step
- Tricep skull crusher
- Hamstring reverse hip lift

Repeat this circuit two times.

## **Challenge Burpee Workout #8 - Leap o' Faith**

Do the following exercises with as little rest as possible:

- sit out burpee 10 per side
- prisoner squats 20
- get ups 10 per side
- long jump burpees 10
- rest (or do a front plank recovery) 30 seconds

Repeat this circuit four times

## **Challenge Burpee Workout #9 – Double Up!**

Set your timer for 30 seconds of work with a 5 second transition:

- double jump burpee 30 seconds
- front plank 30 seconds
- burpee 30 seconds
- shoe touch 30 seconds

Repeat this circuit 3-5 times.

## **Challenge Burpee Workout #10 – Burpee Pull Up Core**

Do the following exercises with as little rest as possible:

- 5 burpee pull ups/no rest
- 10 hanging leg raises/no rest
- 30 sec side plank left/no rest
- 30 sec side plank right/no rest

Repeat up to 5 times