



1. Stand with your feet shoulder width apart and your hands raised over your head. Now squat down and place your palms on the floor by your feet.
2. Kick both of your legs back so that you're now in position to do a pushup. Bend your elbows and lower your body until it's about one inch off of the floor.
3. Now push yourself back up and at the end of the pushup quickly pull both knees into your chest while keeping your hands on the floor. You're basically jumping back into the squat position found in the first step.
4. Stand straight up by straightening your legs and throwing your hands in the air over your head. You're now in the position that you started in, repeat as needed.
**** If you want to make the burpee more advanced by increasing the explosive power in your legs, jump about 3-4 inches into the air as you stand up in step 5.*
5. (**This is the Standard Crossfit Burpee**)

So that's a burpee. That one movement works pretty much the entire body from head to toe by combining a squat with a pushup. Because you're constantly switching from squats to pushups you're teaching your body to use the arms and legs simultaneously, like in a fight. Because you're moving the body from a vertical plane to a horizontal plane continuously, you're learning balance, agility, and the ability to maneuver while lying on the ground and on your feet. Because of the constant alternating use of the arms and legs, your heart has to work twice as hard as if you just did continuous squats or pushups. This movement will give you great endurance as well as upper and lower body strength. You'll notice that you use jumping movements with the legs, back, abs, and arms in this exercise. This will give you speed and explosiveness throughout the whole body.