

The Mighty Burpee

Named for Physiologist Roy Burpee, the Burpee was originally used as a way to assess the fitness level of US Armed Services recruits during World War II. Today, this all-muscle encompassing exercise has become both loved and hated by the fitness community due to its torturous disregard for pain. Seriously, the burpee, when done properly and with good form, can be beneficial for the quads, calves, chest, hamstrings, shoulders and triceps. Try some today!



- Begin standing with your legs shoulder-width apart.
- Place your hands on the floor and kick your legs back so you end up with your stomach and thighs on the floor. Your elbows should be bent.
- From this position, press up like you're doing a push-up and push your hips up.
- Jump your feet under your hips and stand.
- Finish the movement by jumping in the air and clapping your hands over your head.
- Repeat.

Enjoy!