Burpee 101

This exercise inspires dread in all grade-school kids, but it's actually a great full-body, muscle endurance-building exercise that you can do anywhere and any time!

1. **Squat** on the balls of your feet with your hands on the floor, getting as close to the floor as possible.

2. **Shoot** your legs out to a pushup position.

3. Do a **pushup**. Don’t let your back flop or arch! Suck in those tummy muscles.

4. **Jump** back into the squatting position.

5. **Leap** into the air. Tip: swing your arms up to help you get higher!

6. Get back into the squat and repeat.

They're tough, so it’s okay to go slow as long as you’re going at a constant pace! Try doing 10 burpees, or see how many you can do in a 30 second interval. Repeat as many sets as possible (with a 1-min break between each) to get the full effect.

**Make it easier:**
If you can’t do a pushup, skip step 3 and simply jump out to a plank position and back.

**Make it harder:**
Leave a ball or light dumbbells in front of you, and grab them before you leap up into the air. With dumbbells, leave your arms by your side.


Image: http://fitnessfondue.com/burpees-do-them/