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Burpees Guide

Ensure you have warmed up before any exercise

Check out the video to accompany this guide [here](#)

Perfect Form

- 1. Prep** - Stand with your feet shoulder width apart with your arms relaxed by your sides.
- 2. Squat** - Push your hips back, bend your knees and lower yourself into a squat position.
- 3. Hands Down** - Place your hands on the floor in front of you, lean forwards slightly so your weight is on your hands and your toes. Your hands should be shoulder width apart.
- 4. Feet Back** - Jump your feet back into a plank position, keeping on your toes. Keep your body in a straight line and try not sag or arch your back. Hold for a moment then jump back to the original position.
- 5. Jump** - Reach your hands up and explosively jump into the air. Use the momentum of getting into the standing position to generate the explosive power in your legs.
- 6. Land** - Land on your feet and immediately lower back into the squat position for your next rep.
- 7. Repeat** - You should aim for around 15 burpees but drop the number or intensity if you drop form or need a break

Burpee Progression

Your goal is to do 4 sets of 8 reps (1 mins rest between sets).

Do this with perfect form in Level 1, then move to Level 2 and so on.

Whatever level you pick, you may not be able to complete the goal straight away. So you can start with 4 sets of 5 reps.

Each session try to add in one more rep somewhere, anywhere in your session. That way you challenge your body to get that little bit stronger each week.

Remember you get stronger on your rest days. Doing any exercise makes your muscles weaker, as they get tired and “beat up”. But your body is magic. While you sleep and the following day it will use all the food you eat to repair them better and stronger than they were before..... Isn't that amazing!

Level 1 - Walking Squat Thrust

Perform the burpee as normal but rather than jumping back into the plank position, step back into this position. Also rather than jumping into the air, stand up quickly.



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Level 2 - Walking Burpee

Perform the burpee as normal but rather than jumping back into the plank position, step back into this position. Continue the rest of the burpee as normal.

Level 3 - Supported Burpee

Find a support, a small box at knee height would be perfect to start with, place it in front of you. Perform the regular burpee but rather than putting your hands on the floor, use the support. This should make the plank section of the exercise feel easier. Move down to using a smaller support when appropriate.

Level 4 - Regular Burpees

The regular burpee, remember to keep your form!

Burpee Variations

Once you can complete 4 sets of 8 burpees (1 mins rest), keeping perfect form and without too much effort then it's time to mix things up with some variations. All the burpee variations use the same form as a regular burpee. Most of these variations are tougher than the regular burpee and make sure you are thoroughly warmed up before trying these exercises. Try combining variations to create harder burpees.

Press Up Burpee

Perform a regular burpee but when in the plank position perform a press up. Ensure the form for the press up is kept at a high standard.

Tuck Jump Burpee

Perform a regular burpee but when jumping in the air, bring your knees up to your chest in a tuck position.

Mountain Climber Burpee

Perform a regular burpee but when in the plank position, do two mountain climbers. This is when you bring each leg up to your chest, quickly switching between legs.

Shoulder Lift Burpee

Perform a regular burpee but when in the plank position perform a press up. When you close to the ground in the lowest part of the press up, place your chest on the ground and raise your elbows and hands up and off the ground. Make sure you engage your shoulder muscles (the ones between your shoulder blades) to perform the lift.

Wide Plank Burpee

Perform a regular burpee but when placing your hands on the ground put them further apart from than shoulder width apart. Continue the burpee as normal.



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Narrow Plank Burpee

Perform a regular burpee but when placing your hands on the ground place them close together, almost touching. Continue the burpee as normal.

Box Jump Burpee

First you will need a box or stable surface to jump onto, aim for something around knee height. Set the box in front of you and when jumping up, jump forwards onto the box. Jump step backwards from the box and drop into the plank section of the burpee and continue the exercise in this way. Be careful of the box when going into the plank section of the burpee.