

A burpee combines a push up and a vertical jump in a single dynamic movement.



- Participants should be competent in completing both pushups and vertical jumps before attempting burpees.
- Begin standing upright.
- Lower into a tuck position.
- Kick the legs back to the starting position for a pushup.
- Perform the pushup.
- Pull the knees forward to return to a tuck position.
- Jump up, fully extending the hips, knees, and ankles while keeping the feet level with each other and propelling the arms upward.
- Land softly and quietly on the balls of the feet.
- From the landing, transition directly into the lowering phase.
- Repeat for a designated number of reps or amount of time.
- Maintain a consistent rhythm.
- Start slowly to maintain good form, then gradually increase speed and intensity.

