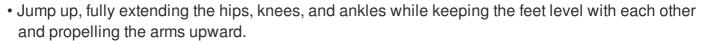




A burpee combines a push up and a vertical jump in a single dynamic movement.



- 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.



- 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.



