

CHALLENGE BURPEE

*Challenges + Burpees =
The best combinations
ever created
to burn fat fast*

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Welcome to Challenge Burpee

You're definitely hard-core to be preparing to do this program....

You clearly know that ultimate fitness and maximum fat loss is NOT found on a treadmill or other cardio machine for hours.

You know that you can use your body *as your machine* and as the MOST effective tool for training. Many people shy away from bodyweight training because they don't understand the intensity involved when the right attitude and energy is brought to the workout. (Or they DO understand how hard bodyweight training can be and prefer to sit on a bike or a bench and push or pull something;).

We can all agree that there are no 'quick fixes' in fitness, **but you can do quick workouts!** I know you're NOT still under the impression that 'longer is better' when it comes to workouts. I'm not talking 'quick fix' when I say that you can get an effective workout DONE in 20 minutes OR LESS. There's so much more than the TIME factor that counts in your workout.

First, let's talk hormones. Yes, I know this may not be the first thing that comes to mind when you think exercise, but hormones have a huge effect on fat loss. You want to reduce the fat storing hormone: cortisol. Very long workouts can *increase* this *belly fat storing hormone*. (Daily stress, poor eating and sleeping habits can increase cortisol levels too.) One simple line of defense to reduce this hormone is to *shorten* your workouts. This frees up some time to deal with the other stresses in your life too and overcomes the number one objection to exercise: "I don't have time".

You may have heard of my method of training called **M2A** or '**muscle metabolism acceleration**' that promotes the *happy-fat-burning-hormone*: GH or growth hormone. This is due to the anaerobic nature of my workouts. Most people think they need to train 'aerobically' to meet their fat loss goals, when in fact '*anaerobic*' training is more beneficial. This type of training results in the production of lactic acid, which is a precursor to GH, the *fat burning hormone*.

It's the TYPE of training that makes the difference. Straight up cardio is darn near useless for fat loss purposes. Studies even show that appetite is increased with lengthy cardio, since metabolism isn't elevated much during and not at all after a cardio session, those extra calories you eat don't help your fat loss goals. M2A training not only burns tons of calories during your workout, but it causes an *afterburn* so that you continue to burn calories even *after* your workout is over.

M2A training also increases metabolic rate even at rest because it helps you build lean muscle tissue. M2A training is a special combination of strength and

HIIT (high intensity interval training) that you can do with a minimal amount of space and equipment.

Challenge Burpee is another weapon in your fat loss arsenal that takes advantage of my M2A principle. In this program you'll find a variety of ways to use the beloved burpee in combination with many bodyweight and simple dumb bell moves to spice up your training wherever you find yourself.

Before we begin, this dilemma:

To push up or NOT to push up....that is the question.

The answer? YOUR choice.

When you do burpees, you can add a push up (or NOT). It depends on your fitness and energy levels. Obviously, adding the push up will increase intensity and tax your upper body even more. Remember my *number one rule* for ANY workout plan is QUALITY over QUANTITY. So if it means not doing the push up on every burpee and improving the quality of each repetition, then that's what you'll do.

And along those lines, if a burpee variation is given that's over the top intense for you, and you can't maintain proper form, back off. Do a modification; check the modification video for ideas. Keep moving, do the best you can, keep notes on your progress and demand more of yourself the next time you train.

You can swap out ANY burpee variation into ANY of the workouts to add limitless variation to the Challenge Burpee program.

Video Demonstrations

You'll find a video on the download page with all the burpee variations that you'll use in the program. Here is a list of burpee variations and the time that you'll find them in the video:

1. Full body extension	00:05
2. Burpee walk out	00:12
3. Burpee no push up	00:21
4. Burpee	00:32
5. Frogger burpee	00:42
6. Long jump burpee	00:53
7. One legged long jump burpee	01:10
8. Sit out burpee	01:19
9. Mountain climber burpee	01:36
10. Weighted burpee	01:52
11. One legged burpee	02:06
12. Renegade burpee	02:14
13. Burpee pull up	02:38
14. One legged burpee pull up	02:49
15. Box jump burpee	03:03
16. Box jump burpee pull up	03:15

Below is a **quick description** of each Burpee variation:

1. Full body extension – Quarter squat, throw arms above head, rise up onto toes.
2. Burpee walk out – Hands up, hands down, walk each foot out to high plank, walk feet back in, stand up.
3. Burpee no push up – Hands up, hands down to high plank, hop feet out, hop feet back in, jump up
4. Burpee – Hands up, hands down, hop feet out, push up, hop feet back in, jump up
5. Frogger burpee - Hands up, hands down, hop feet out, hop feet back in, push up, hop feet back in, jump up (2 squat thrusts before push up)
6. Long jump burpee – Double foot long jump forward, half turn, regular burpee.
7. One legged long jump burpee - Single foot long jump forward, half turn,

regular burpee.

8. Sit out burpee – Hands up, hands down, hop feet out into high plank position, push up, bring knees close to elbows, slide right foot under left arm to side, twisting trunk, return to 4 point position, repeat on other side, jump up.
9. Mountain climber burpee – Hands up, hands down, bring knees alternately to chest, push up, hop in, jump up.
10. Weighted burpee – Do a regular burpee while holding dumb bells at the sides. Eliminate the jump, stand up doing a deadlift with the dumb bells.
11. One legged burpee – Stand on one foot, hands up, hands down, hop on one foot out, push up, hop on same foot back in, jump up
12. Renegade burpee – Do a regular burpee, but place hands on dumb bells in the high plank position. Do a push up and then a row with each hand before hopping the feet back in and jumping up.
13. Burpee pull up – Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, pull up.
14. One legged burpee pull up – Stand on one foot, hands up, hands down, hop one foot back into high plank, push up, hop same foot back in, vertical jump, pull up.
15. Box jump burpee – Jump onto box, return to floor, do a regular burpee.
16. Box jump burpee pull up - Jump onto box, return to floor, do a regular burpee, vertical jump to pull up bar (you may have to have the box and the pull up bar set at 90 degrees to each other).

About those pull ups...

Lots of my workouts have pull ups in them. If you haven't mastered the pull up just yet, OR if you have no pull up bar, I have six alternatives for you including two body weight exercises. These exercises can significantly increase strength needed to increase your pull up power.

Exercises include:

- inverted row
- bent over BB row
- DB row (single or double)
- renegade row
- prisoner style exercises (like squats. Lunges)
- wall stick ups

If you have a pull up bar, you can do a band assisted pull up, a jump pull up, a suspended row. For more pull up tips and trick, check out my [Pull Up Challenge](#) program.

The idea of Challenge Burpee (or any of my Challenge Workouts) is to **challenge yourself**. It really doesn't matter who you beat with your times or scores, as long as you *beat your previous ones*. Your strongest competitor is yourself. Always strive to improve your best and your workouts will stay fresh and your results will be evident in the mirror. You'll exude a confidence that others will envy since your challenge workout efforts transfer to ALL areas of your life.

Here's your plan:

Use my Challenge Burpee workouts 4-5 times a week. Add active recovery on the days that you're not training. An active recovery day may include things like hiking, recreational sports, or even things like a finisher or two from my [Challenge Jump Rope program](#) or my pal [Mike Whitfield's Workout Finishers](#).

Stay tuned to my blog: ChallengeWorkouts.com for more fun and fresh challenging ideas. Make sure to be part of our community by commenting and sharing your results.

Have fun! Take my name in vain as much as you want during the workout, but let's be friends when the workout is over 😊

Shawna

21 Challenge Burpee Workouts

Challenge Burpee Workout #1 - Timed set of 50 Burpees – Sprint!

This is a metabolic finisher to be used at the end of any workout to torch body fat. Or, if you have a small window to train, this is a short and sweet way to work up a sweat.

- Use a timer
- Complete 50 burpees in as short a time as possible.
- Use this time as a benchmark to measure improvement as you work through this program.

Challenge Burpee Workout #2 - Timed set of 50 Burpee Pull Ups – Sprint!

Equipment: pull up bar

The ultimate test: burpees paired with pull ups for time. Again this can be a benchmark for measuring progress later on when you repeat this gruelling workout.

1. Use a timer
2. Complete 50 burpee pull ups in as short a time as possible
3. Use this time as a benchmark to measure improvement as you work through this program.

Challenge Burpee Workout #3 - Timed set of 100 Burpees – Marathon

Settle in for the long haul, this is a nauseating challenge.

1. Use a timer
2. Complete 100 burpees in as short a time as possible
3. Use this time as a benchmark to measure improvement as you work through this program.

*Suggestion: plan on doing 5 sets of 20 reps, time each set of 20 and allow for a short rest between each set of 20 reps.

Challenge Burpee Workout #4 - Timed set of 100 Burpee Pull Ups – Ultimate Marathon

Equipment: pull up bar

Not for the faint of heart, this workout is the ultimate test of conditioning. A mental game plan is imperative. Plan to break up the workout into shorter sets as described in workout #3.

1. Use a timer
2. Complete 100 burpee pull ups in as short a time as possible
3. Use this time as a benchmark to measure improvement as you work through this program.

Recording your split times, that is, how long it takes you to complete each set of 20 reps is helpful for when you repeat this workout. You'll know exactly when you need to turn up the heat to beat your score from previous attempts.

Challenge Burpee Workout #5 – Burpee Repeats

- Time yourself to do 10 burpees.
- Take this time and add 15 to 30 seconds onto it.

(For example, if it takes you 45 seconds to do 10 burpees, you will set your timer for one minute (or 1:15) repeats for five sets.)

- Do up to **5 sets of 10 burpees**. You'll need to maintain your intensity in order to get any rest within the set. If you complete the set faster, you get more rest. If you go slower, then you'll get very little rest.
- Decrease the interval time as your fitness capacity improves. For example, the next time you try the workout, set the timer for 55 second repeats.
- To increase intensity, increase the number of **sets** of burpees from 5 to 8 or even 10 sets.

Challenge Burpee Workout #6 – Burpee Pull Up Repeats

Equipment: pull up bar

- Time yourself to do 10 burpees pull ups
- Take this time and add 30 seconds onto it.

(For example, if it takes you one minute to do 10 burpee pull ups, you will set your timer for one minute (or 1:30) repeats for five sets.)

- **Do up to 5 sets of 10 burpees pull ups**. You'll need to maintain your intensity in order to get any rest within the set. If you complete the set faster, you get more rest. If you go slower, then you'll get very little rest.
- Decrease the interval time as your fitness capacity improves. For example, the next time you try the workout, set the timer for 1:20 repeats.
- To increase intensity, increase the number of **sets** of burpee pull ups from 5 to 8 or even 10 sets.

Challenge Burpee Workout #7 - Burpee Up Pull Up Down

Equipment: pull up bar

Here is the format, each set adds up to **11 reps**:

- 1 burpee to 10 reps pull ups
- 2 burpees to 9 reps pull ups
- 3 burpees to 8 reps pull ups

Continue to 10 burpees to 1 rep pull up

Total reps for burpees and pull ups in this workout is 55. Time yourself, beat your time next time out.

Challenge Burpee Workout #8 - Sittin' Pretty Burpee

Set your timer for 30 seconds of work with 5 seconds transition:

- burpee double jump
- wall sit stick up
- prisoner squat
- plank recovery

Repeat up to five times.

Challenge Burpee Workout #9 – No Joke

Equipment: pull up bar, DB's

Set your timer for 30 seconds of work with a 5 second transition:

- 30 seconds burpee pull ups (or just burpees, add 30 seconds of assisted pull ups or pull up alternatives to set)
- 30 seconds renegade row push ups
- 30 seconds reverse lunge with DB's the side
- 30 seconds shoe touch (active recovery)

Count your reps, try to match your reps each set.

Repeat this circuit three to five times.

Challenge Burpee Workout #10 - Please Sir, Another Round

Equipment: pull up bar

Do this workout AMRAP (as many rounds as possible) style in 6-10 minutes (depending on how long you have to train):

- 5 reverse prisoner lunge per leg
- 4 decline push ups
- 3 burpees
- 2 prisoner squats
- 1 burpee pull up

Challenge Burpee Workout #11 - Burpee Bum Stinger

Set your timer for 30 seconds work/5 seconds transition for 21 sets.

- Frogger Burpee
- Body weight 1 ½ prisoner squat
- Wide stance burpee
- 3 point kneeling fire hydrant 30 seconds
- 3 point kneeling fire hydrant (other side) 30 seconds

Repeat circuit three to five times

Challenge Burpee Workout #12 - Rotten to the Core

Equipment: pull up bar

- 5 burpee pull ups/no rest (do 5 burpees and then 5 stick ups with no bar)
- 10 hanging leg raises/no rest (do prone leg raises with no bar)
- 30 sec side plank left/no rest
- 30 sec side plank right/no rest 5

Repeat up to 5 times

Challenge Burpee Workout #13 - Box Jumpin Burpee

Equipment: box, pull up bar

Count down by 2's for each exercise:

- 10 box jump burpees
- 10 wall sit stick ups
- 10 pull ups
- 10 decline spiderman push ups (total reps) (regular decline push ups, regular push ups, incline push ups)

Then:

- 8 box jump burpees
- 8 wall sit stick ups
- 8 pull ups
- 8 decline spiderman push ups (total reps) (regular decline push ups, regular push ups, incline push ups)

Work your way down:

- 2 box jump burpees
- 2 wall sit stick ups
- 2 pull ups
- 2 decline spiderman push ups (total reps) (regular decline push ups, regular push ups, incline push ups)

Work up the ladder if you want to be crazy 😊

Challenge Burpee Workout #14 – Burpee Up Squat Down

Here is the format, each set adds up to **11 reps**:

- 1 burpee to 10 reps prisoner squats
- 2 burpees to 9 reps prisoner squats
- 3 burpees to 8 reps prisoner squats

Continue to 10 burpees or burpee pull ups to 1 rep prisoner squat

Total reps for burpees and prisoner squats in this workout is 55. Time yourself, beat your time next time out.

*Optional: use a weighted vest for as many sets as you can with this workout.

Challenge Burpee Workout #15 – A Nauseating Burpee Recipe

Equipment: pull up bar

Add a weight vest to spice things up:

- 20 KB swings (do prisoner squat jumps if you don't have a KB)
- 15 push ups
- 10 burpees
- 5 pull ups
- 30 second plank recovery

Repeat five times. Do this workout for time, beat your time next time out.

Challenge Burpee Workout #16 – Holy Hamstring Finisher

Do the following two exercises AMRAP style (as many rounds as possible) in 6 – 8 minutes:

- 3x one legged long jump burpee
- 3x bodyweight RDL same leg
- 3x one legged long jump burpee OTHER leg
- 3x bodyweight RDL OTHER leg

Challenge Burpee Workout #17 – Frogger Countdown

This is a count down set, start with 10 reps of each exercise, rest only when needed, count down to 1 rep of each exercise:

- 10 Frogger burpees
- 10 Shoe touches (touching both shoes is ONE rep)

- 9 frogger burpees
- 9 shoe touches

- 8 frogger burpees
- 8 shoe touches...

- 1 frogger burpee
- 1 shoe touch

Challenge Burpee Workout #18 – Can't Weight

Set your timer for 30 seconds of work with a 5 second transition. Do the following:

- weighted burpee 30 seconds
- 1 ½ DB front squats 30 seconds
- weighted side plank 30 seconds
- weighted side plank (other side) 30 seconds
- shoe touch 30 seconds

Repeat entire circuit four times.

Challenge Burpee Workout #19 – Three for the Road

Equipment: pull up bar, DB's

Do the following exercises AMRAP style (as many rounds as possible) in 6 – 8 minutes:

- 3 hanging leg raises
- 3 weighted burpees
- 3 pull ups (assisted pull ups, pull up variation)
- 3 per leg prisoner lunge

Aim for 5-6 rounds, ensure that your form stays perfect, rest when needed.

Challenge Burpee Workout #20 – Balance This

Equipment: pull up bar, DB's

Do 5 reps of the following exercises:

- 5 one legged weighted burpee
- 5 other side one legged weighted burpee
- 5 per arm renegade row
- 5 pull ups (assisted pull ups, pull up variation)
- 30 seconds rest (or front plank recovery)

Repeat this circuit three times.

Challenge Burpee Workout #21 –Sit Outs and More – Oh My!

Equipment: DB's

This is a ladder workout where you will increase reps each set until you get to 5 reps. Rest as little as possible. Repeat the ladder three times,

- Weighted burpee -> ONE push up -> ONE sit out -> ONE push up ->stand
- Weighted burpee -> 2 push ups -> 2 sit outs -> 2 push ups ->stand
- Weighted burpee -> 3 push ups -> 3 sit outs -> 3 push ups ->stand
- Weighted burpee -> 4 push ups -> 4 sit outs -> 4 push ups ->stand
- Weighted burpee -> 5 push ups -> 5 sit outs -> 5 push ups ->stand

*ONE rep of a sit out is when the legs go to either side (right/left = one)

Repeat entire circuit up to three times for time. Time yourself, beat your time next time out.

Burpee BONUS Workouts (no video)

Challenge Burpee Workout Bonus #1 – Full Body Burpee

Equipment: DB's

Do three reps of a full body burpee:

1. Start in standing position with DB's by your side
2. Drop into a high plank position (hands on DB's)
3. Do one push up
4. Do one renegade row per arm
5. Do one spider crawl per leg
6. Bring knees into chest and stand up
7. Upright row to front squat DB position
8. DB front squat
9. DB shoulder press
10. Return to standing position

Rest 15 seconds

Repeat 3 rep circuit up to 10 times.

Challenge Burpee Workout Bonus #2 Burpee 5x5

Equipment: none

Do 5 reps of the following :

- One legged burpee /Other leg one legged burpee (5 per leg)
- Inchworm push up with spider man crawl (5 per leg)
- Double jump burpee
- Prisoner reverse lunge (5 per leg)
- 30 second plank hold with alternate leg lift

Repeat 3-5 times

Challenge Burpee Workout Bonus #3 Don't Stop Till You Get Enough

Do 30 seconds of work with a 5 to 10 second rest in between each exercise:

- frogger burpee
- prisoner reverse lunge
- inchworm push up
- double jump burpee
- side plank
- side plank

Repeat 3 to 5 times