

SHAWNA
KAMINSKI

THE BIG
BOOK OF
BEAUTIFUL
BURPEES

MORE BURPEE
VARIATIONS
THAN YOU COULD
EVER IMAGINE

BY SHAWNA K
CTT, CPT, BKIN, BED



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.

Why More Burpees?

As if the glorious burpee weren't beauty enough, finding variations for the burpee is magnificent.

Variety is the key to your fitness success. It keeps your training fresh and results coming. As you well know, you can't keep doing the same thing and expect different results. Therefore, by continually shaking up your program, you'll always be challenging your body and you'll never plateau.

In this manual, you'll find a compilation of **50** burpee variations that you can use in any and all my Challenge Burpee workouts. By throwing in a different burpee variation, you'll have countless burpee workouts to use to maximize your fat loss and up your fitness game.

Take a look at the videos. There are three short videos with a demonstration of each variation. For your convenience, you'll see the time that each variation listed. You'll also find a short description of each burpee variation.

Let's get started!

You'll want to **check out the videos** with ALL the Big Beautiful Burpee Variations.

Video 1

- Full body extension) 00:05
- Burpee walk out 00:12
- Burpee no push up 00:21
- Burpee 00:32
- Frogger burpee 00:42
- Long jump burpee 00:53
- One legged long jump burpee 01:10
- Sit out burpee 01:19
- Mountain climber burpee 01:36
- Weighted burpee 01:52
- One legged burpee 02:06
- Renegade burpee 02:14
- Burpee pull up 02:38
- One legged burpee pull up 02:49
- Box jump burpee 03:03
- Box jump burpee pull up 03:15

Video 2

- Incline Push Up Burpee 00:07
- Five Jacks and a Burpee 00:14
- Floppy burpee 00:33
- Prisoner Squat Burpee 00:42
- Kickboxing burpee 01:07
- Shoulder touch burpee 01:32
- Burpee roll 01:47
- Burpee Leap 02:04
- Tire Hop Burpee 02:30
- Long Distance Burpee 02:48
- Skater Burpee 03:00
- One Arm Burpee 03:18
- Double Jump Burpee 03:27
- Inch worm Burpee 03:41
- Get Up Burpee 03:53
- Jump Rope Burpee 04:11

Video 3

- Bicep Curl Burpee 00:04
- High Pull Burpee 00:18
- Wgt'd Squat Burpee 00:29
- Lateral Lunge Burpee 00:47
- Wgt'd Lateral Lunge Burpee 01:04
- Reverse Lunge Burpee 01:24
- Wgt'd Reverse Lunge Burpee 01:42
- DB Lateral Raise Burpee 02:04
- Shoulder Press Burpee 02:20
- Clean and Press Burpee 02:35
- Chin Up Burpee 02:59
- Hanging Leg Raise Burpee 03:14
- Windshield Wiper Burpee 03:32
- Oblique Raise Burpee 03:56
- Inverted Row Burpee 04:13
- KB Swing Burpee 04:43
- One Arm KB Swing Burpee 05:03
- KB Snatch Burpee 05:32
- Muscle Up Burpee NO VIDEO – PLEASE SEND ME YOURS 😊

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

See Burpee Variation Video #1

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).

See Burpee Variation Video #2

17. Incline Push Up Burpee – Stand close to an incline (such as a bench) hands up, hands on incline, feet out, incline push up, feet in, jump up
18. Five Jacks and a Burpee – Do 5 jumping jacks and then a burpee, repeat pattern
19. Floppy burpee – Do a regular burpee and drop the entire body to the ground from the high plank position

20. Prisoner Squat Burpee – Do five bodyweight prisoner squats follow with a regular burpee.
21. Kickboxing burpee – Do a regular burpee, do a front punch each arm in the high plank position, do a front kick in the standing position
22. Shoulder touch burpee – Do a regular burpee, on the push up, touch opposite hand to opposite shoulder
23. Burpee roll – Do a regular burpee like this: hands up, hands down, feet out, push up, partial back roll, forward roll to feet, jump up.
24. Burpee Leap – Set up an obstacle (like a bench, cone etc), place it directly in front of you. Do a regular burpee, jump over obstacle, half turn. Repeat process on the other side of the obstacle.
25. Tire Hop Burpee – Do 6 tire hops forward, burpee, half turn, return with 6 tire hops burpee to starting position.
26. Long Distance Burpee – Long jump, regular burpee, long jump, regular burpee.
27. Skater Burpee – Skater lunge jump to right and left, regular burpee.
28. One Arm Burpee – Hands up, one hand down, hop or walk feet out, hop or walk feet back in, jump up.
29. Double Jump Burpee – Hands up, hands down, feet out, push up, feet in, jump twice.
30. Inch worm Burpee – Hands up, hands down close to feet, walk the hands out, push up, walk the hands in, hinge at hip to standing position.
31. Get Up Burpee – Hands up, hands down, hop feet out, drop to low plank position, return to high plank position, repeat on the other side to push up on other hand, hop feet back in, jump up.
32. Jump Rope Burpee – 10 jumps with rope, followed by a regular burpee

See Burpee Variation Video #3

33. Bicep Curl Burpee – DB bicep curl, hands down on dumb bells, feet out, push up, feet in, stand up.

34. High Pull Burpee – Do DB high pull, hands down on dumb bells, feet out, push up, feet in, stand up.
35. Wgt'd Squat Burpee – Do five squats with DB in front rack position, hands down on dumb bells, feet out, push up, feet in, stand up, return DB to front rack position.
36. Lateral Lunge Burpee – Do a lateral lunge to left then right, follow with a regular burpee.
37. Wgt'd Lateral Lunge Burpee – Hold DB's by the side. Do a lateral lunge to left then right, follow with a regular wgt'd burpee.
38. Reverse Lunge Burpee – Do a reverse lunge on left then right, follow with a regular burpee.
39. Wgt'd Reverse Lunge Burpee – Hold DB's by the side. Do a reverse lunge on left then right, follow with a regular wgt'd burpee.
40. DB Lateral Raise Burpee - Hold DB's by the side, do a lateral raise, hands down on dumb bells, feet out, push up, feet in, stand up, return DB to front rack position.
41. Shoulder Press Burpee – Do shoulder press, hands down on dumb bells, feet out, push up, feet in, stand up, upright row to return DB to front rack position.
42. Clean and Press Burpee – Hold DB's by the sides, high pull to shoulder press, squat, return DB's to side, hands down on floor on dumb bells, feet out, push up, feet in, stand up.
43. Chin Up Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, chin up (palms facing toward face).
44. Hanging Leg Raise Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, leg raise, return to floor.
45. Windshield Wiper Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, leg raise to windshield wiper position, wipe legs right and left, return to floor.
46. Oblique Raise Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, oblique raise to right and left, return to floor.

47. Inverted Row Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, feet to ceiling, row, return to floor.
48. KB Swing Burpee – Do 5 KB swings, put KB on floor, follow with regular burpee
49. One Arm KB Swing Burpee - Do 5 one arm KB swings, put KB on floor, follow with regular burpee.
50. KB Snatch Burpee - Do three arm KB snatches, put KB on floor, follow with regular burpee.
51. Muscle Up Burpee - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, muscle up, return to floor.

I'm working on this!

***No video just yet for the Muscle Up Burpee. PLEASE send me a video of YOU doing this!**