

Shawna Kaminski, CPT

# The **Burpee** Challenge



***Using Burpees to Intensify Your  
Workouts for Amazing Results***

**ChallengeWorkouts.com**

# The Burpee Challenge

## WELCOME!

And thank you for purchasing this program!

If you're not already convinced, I feel the need to extol the virtues of the lowly burpee as an all around body conditioner.

Burpees will condition your entire body and will develop strength, explosive power and **anaerobic endurance**.

**Anaerobic exercise** is exercise used by athletes in non-endurance sports to promote strength, speed and power. Energy systems trained using anaerobic exercise develop differently compared to aerobic exercise. Anaerobic training leads to greater performance in **short** duration, **high intensity** activities that last from seconds up to about 2 minutes. In sports that require repeated short bursts of exercise, it's the anaerobic system that enables muscles to recover for the next burst.

In contrast, any activity performed longer than about two minutes is considered aerobic exercise and taps into a different energy system. These exercises include lower intensity activities performed for longer periods of time like running, swimming, and cycling. They require large amounts of oxygen to generate the energy needed for extended exercise time.

All this means that I can coast through a low intensity aerobic workout if I want to, but there's no coasting involved in anaerobic training. The beauty of anaerobic training is that it's short and sweet.

Whatever your preference for training, you can't knock the benefits of anaerobic training. If I loved running for hours, I'd do it because I loved it, not because it's super effective for conditioning or fat burning. I just happen to loathe it, so it works out well that I can train for 20 minutes and feel like I'm DONE. (Of course if your goal is to run a marathon or do other endurance events, then building a training base through long workouts is a requirement, but that's a totally different topic out of the scope of this program).

As well, you know my stance on the pull up as the *grand-daddy* of all body weight exercises. I think we all know how taxing and how much strength they require. Anyone that's tried a pull up, or multiple sets of them will tell you that they're not easy.

Put the burpee and the pull up together and you have one heavenly (or devilish) combination for workout intensity to build anaerobic capacity and strength endurance.

### **A word of caution...**

The exercises and workouts described in this program are advanced and intended for the intermediate to advanced fitness enthusiast.

My goal is for you to improve your fitness by way of challenging yourself with kick butt workouts.

### **Form and quality of movement always trumps quantity of repetitions.**

**Rest** is imperative.

Trust me when I tell you that the concept of overtraining for zealous fitness buffs is a reality. Listen to your body and give yourself ample rest and recovery time.

As much as I love burpees and burpee pull ups as described in this program, the concept of 'too much of a good thing' is real.

Here's more about the program:

These workouts should NOT be done consecutively unless at least one day of rest follows each workout.

This guide provides exercise and workout suggestions to integrate into my pull up and/or push up challenge workout program or into your own training program for added variety and intensity.

The goal of each workout is to lift as heavy a weight possible for each resistance set (*with proper form*) and include high quality HIIT (burpee/burpee pull up) repetitions.

**NEVER sacrifice form for reps.** That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy**
- if you can get 12 or more reps the weight is too light**
- your weight for each set may change based on this principle**
- as a general rule of thumb, 10 reps is listed**

Unless otherwise specified, take 30 seconds rest between each set.

Each workout should start with a full body warm up that may include 5-10 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

#### 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.

## Exercise Descriptions

The burpee and the burpee pull up are complex and advanced movements. Due to the nature of them, it's difficult to have a single picture/description for each modified and/or intensified version. Instead, please refer to the short video instructions and the list of burpees and burpee pull ups.

When doing any of the workouts, you can swap out any version of the burpee or burpee pull up, thereby increasing the number of workouts exponentially. As you'll see, you are only limited by your imagination with these exercises. I've listed some of the possible options below.

### Burpee and Burpee Pull Up Options

#### Modified Options:

- Burpee with high plank walk out no jump up
- Burpee with high plank hop out no jump up
- Burpee with high plank hop out with jump up
- Burpee modified push up walk out no jump up
- Burpee modified push up hop out no jump up
- Burpee modified push up hop out with jump up
  
- Burpee with high plank to assisted pull up
- Burpee with high plank to jump pull up
- Burpee with modified push up to assisted pull up
- Burpee with modified push up to jump pull up
- Burpee with push up to jump pull up
- Burpee with push up to assisted pull up

#### Regular Options:

- Burpee with push up to pull up
- Burpee with push up to chin up
- Burpee with tricep push up to pull up
- Burpee with tricep push up to chin up

#### Advanced Options:

- Box jump burpee
- Box jump burpee pull up
- Burpee with mountain climber
- Burpee with mountain climber pull up
- One legged burpee
- One legged burpee with two foot jump to pull up
- One legged burpee with one foot jump to pull up
- Weighted vest burpee
- Weighted vest burpee push up to pull up

You can refer to the exercise and video library for exercises in the program and here are some video demonstrations of burpees and burpee pull ups:

Modified Burpee: <http://vimeo.com/34476229>

Regular Burpee: <http://vimeo.com/34476659>

Box Jump Burpee: <http://vimeo.com/34479627>

Modified Burpee Pull up: <http://vimeo.com/34477315>

Burpee Pull Up: <http://vimeo.com/34478022>

Advanced Burpee Pull Up Examples: <http://vimeo.com/34479328>

### **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.

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

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

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 grueling workout.

### **Workout 3 - Timed set of 100 Burpees – Marathon**

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

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.

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

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.

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.

### **Workout 5 - Interval Sets of Burpees or Burpee Pull ups**

- Time yourself to do 10 burpees or burpee pull ups.
- 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.
- Do up to 10 sets of burpees or burpee pull ups.
- 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.



### **Workout 6 - Count Up/Count Down**

Choose a resistance training movement. Examples could include anything such as a DB lateral raise, bicep curl, push up, squat, etc. The list is only limited by your imagination.

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

- 1 burpee or burpee pull up to 10 reps resistance movement
- 2 burpees or burpee pull ups to 9 reps resistance movement
- 3 burpees or burpee pull ups to 8 reps resistance movement
- ....continue to 10 burpees or burpee pull ups to 1 rep resistance movement

Total reps for burpees or burpee pull ups in this workout is 55.

### **Workout 7 - Burpee or Burpee Pull Up Squat Workout**

Be prepared to have legs of lead after this workout. Choose a weight for the squat that you can do for 10 hard reps with good form.

- 1 - Squats 10 reps/no rest
- 2 - 10 burpees or burpee pull ups
- 3 - Rest 1 min
- 4 - Repeat up to 5 times

### **Workout 8 - Burpee or Burpee Pull Up Chest Workout**

- 1- DB incline chest press/no rest
- 2 - 10 burpee or burpee pull ups
- 3 - Rest 30 sec
- 4 - Repeat up to 5 times

### **Workout 9 - Burpee Pull Up Back Workout:**

Choose a weight for the deadlift that you can do for 10 hard reps with good form.

- 1- Deadlifts 10 reps/no rest
- 2- 10 burpee pull ups
- 3- Rest 1 min
- 4- Repeat up to 5

### **Workout 10 - Burpee Pull up Chest/Back Workout:**

Choose a weight for the bench press and deadlift or cable rows that you can do for 10 hard reps with good form.

- 1- Bench press 10 reps/no rest
- 2- Deadlift or cable rows 10 reps/rest
- 3- 10 burpee pull ups
- 3- Rest 1 min
- 4- Repeat up to 5

### **Workout 11 - Burpee Pull Up Bicep Workout:**

Use the 'count up/count down' method described in workout 6.

- 10 burpee pull ups to 1 heavy barbell curl
- 9 burpee pull ups to 2 heavy barbell curls
- 8 burpee pull ups to 3 heavy barbell curls...
- 1 burpee pull up to 10 heavy barbell curls

### **Workout 12 - Burpee Pull Up Tricep Workout:**

- 1- 10 tricep push ups/no rest
- 2- 5 burpee pull ups
- 3- Rest up to 30 seconds
- 4- Repeat up to 5
- 5- DB tricep over head press/no rest
- 6- 5 burpee pull ups
- 7- Rest up to 30 seconds
- 8- Repeat up to 5

### **Workout 13 - Burpee Pull Up (Hill) Sprint workout:**

You'll need a 50 yard area to sprint. To add intensity, do this on a hill and do hill sprints.

- 1- 5 burpee pull ups/no rest
  - 2- sprint 50 yards
  - 3- walk return
- Repeat 5 times

### **Workout 14 - Burpee Pull Up Core Workout 1**

- 1- 5 burpee pull ups/no rest
- 2- 30 sec plank recovery
- 3- Repeat up to 10 times

### **Workout 15 - Burpee Pull Up Core Workout 2**

- 1- 5 burpee pull ups/no rest
- 2- 10 hanging leg raises/no rest
- 3- 30 sec side plank left/no rest
- 4- 30 sec side plank right/no rest
- 5- Repeat up to 5 times

### **Workout 16 - Box Jump Burpee Pull Up Workout**

Use the 'count up/count down' method described in workout 6.

- 10 box jumps to 1 burpee pull up
- 9 box jumps to 2 burpee pull ups
- 8 box jumps to 3 burpee pull ups...
- 1 box jump to 10 burpee pull ups

### **Conclusion**

The burpee and burpee pull up are the 'be all end all' of bodyweight training. You will increase your overall endurance and strength through the variety of workouts listed in this program.

As you work through these workouts, I'm sure you'll create your own challenges.

Feel free to share them with the Challenge Workout community on my blog:

[www.ChallengeWorkouts.com/blog](http://www.ChallengeWorkouts.com/blog) or email me directly at [shawnak.help@gmail.com](mailto:shawnak.help@gmail.com).

I'd love to hear about your workouts and be challenged by you!