



## How many burpees can you complete in 1 minute?

### Equipment Needed:

- Timer
- A chair if you are performing this exercise in a seated position



### Instructions:

#### Standing: Position

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head. Your wrists should be facing forward
- Step 2: Lower your arms down to the ground as you hinge your back (keeping your chest facing forward), and bend your knees into deep squat
- Step 3: One at a time or together place both feet behind you, into a plank position
- Step 4: One at a time or together bring feet back to under your body, into a frog squat position
- Step 5: Lift arms and body back up and go back to neutral position, step 1.

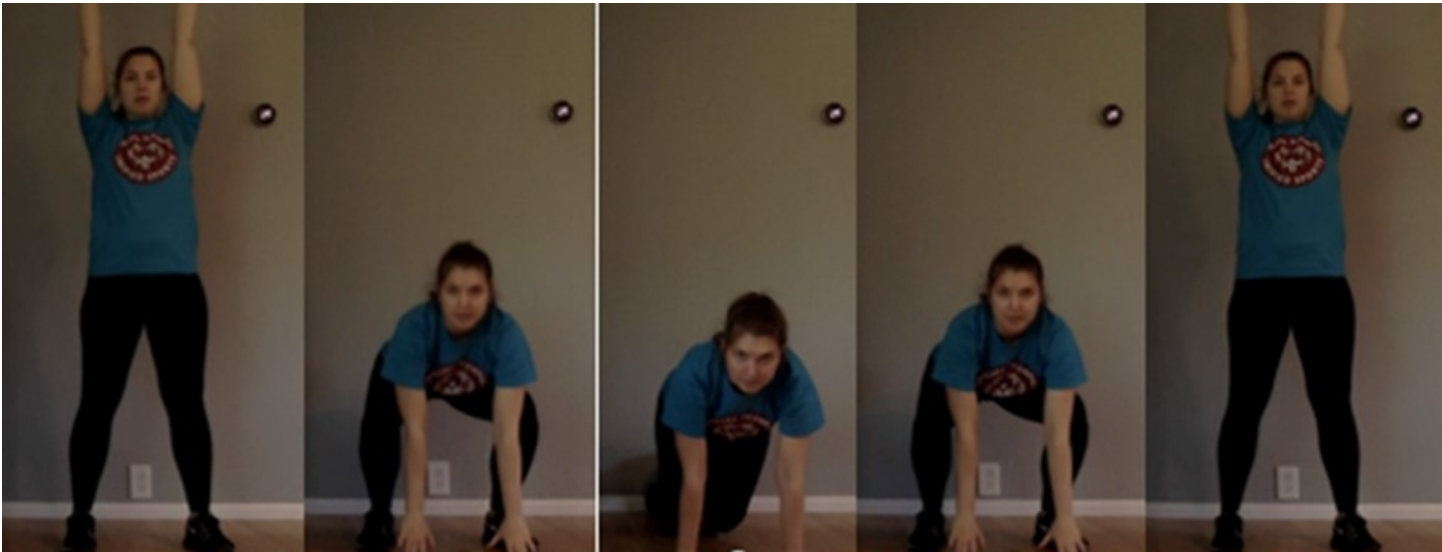
\*Continue for entire duration of exercise.

### Modifications:

#### Seated Position:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head. Your wrist should be facing forward
- Step 2: Lower your arms down to the ground as you hinge your back (keeping your chest facing forward), and try to touch the ground
- Step 3: Raise your arms back up in front of you with hands flexed and palms facing forward. Stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: Pull your arms in toward your chest keeping hands flexed and palms facing forward. Try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: Lift arms back up over your head and go back to neutral position, step 1.
- \*Continue for entire duration of exercise.

**Standing Position:**



**Seated Position:**

