RankTime

FREE PRINTABLE · 4 PAGES

FORM · SIX WORKOUTS · LOG

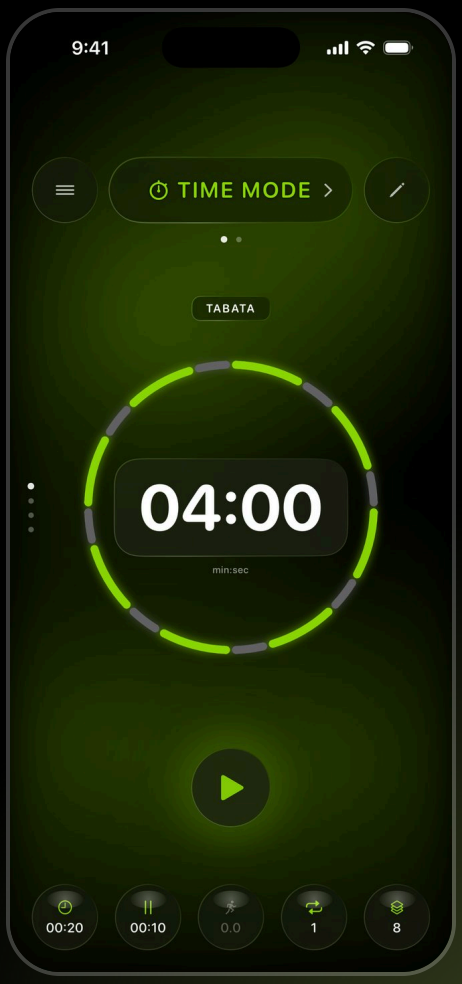
Burpee Workouts

How to do a burpee, easier and harder versions, how to pace them, six workouts from 4 to 20 minutes, and a log.

2 The burpee on one page

3 Six workouts and your log

4 Train it with RankTime



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From the free guide at ranktime.app/guides/burpee-workout/
Made by RankTime, the workout timer that counts your reps.

FORM

The burpee

1. **Stand,** feet about hip width apart.
2. **Squat down,** hands on the floor just outside your feet.
3. **Jump your feet back** into a straight plank.
4. **Do a push-up,** or lower your chest to the floor.
5. **Jump your feet back in,** flat footed, behind your hands.
6. **Jump up** and clap overhead. One rep.

AT A GLANCE	
Muscles	Legs, glutes, chest, shoulders, arms, core, heart and lungs
Equipment	None
Space	About your own body length

Land softly, knees bent. When the plank turns into a belly flop, slow down. Named after Royal H. Burpee, who made it a quick fitness test in the 1930s.

Easier

- **Step** back and in, instead of jumping.
- **Skip the push-up.**
- **Skip the jump:** stand up onto your toes.
- **Hands on a bench.**

Harder

- **Chest to floor** every rep.
- **Tuck jump** at the top.
- **Broad jump** forward, then come back.
- **Burpee pull-up** at a bar.

How to pace them

- **A rhythm you can hold:** a burpee every 4 to 5 seconds beats a fast start.
- **Breathe at the top,** one full breath while standing, every rep.
- **Count in small sets:** ten sets of 10, not 100. **Save the jump** when tired, keep the plank straight.

WORKOUTS

Six burpee workouts

4 MIN

Tabata burpees

20 s on, 10 s off, 8 rounds. Your lowest round is the score.

Best _____

10 MIN

Burpee EMOM

6 to 10 a minute, a number you still finish in 30 seconds in minute 10.

Best _____

55 REPS

Burpee ladder

1, rest 10 s, 2, rest 10 s, all the way up to 10.

Best _____

10 MIN

30 on, 30 off

Steady burpees for 30 seconds, rest 30, ten times.

Best _____

12 MIN AMRAP

Burpees and squats

5 burpees, 15 squats, as many rounds as you can.

Best _____

FOR TIME

100 burpees

Sets of 10 from the start. Under 10 minutes is strong.

Best _____

Two or three burpee sessions a week, easier days between. Wrists, knees or back ache? Step back instead of jumping for a week.

My burpee log

DATE	WORKOUT	SCORE	NOTES

RankTime

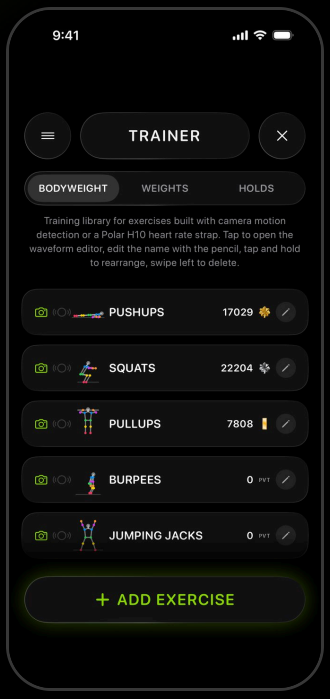
TRAIN IT WITH RANKTIME

Do your burpees with RankTime

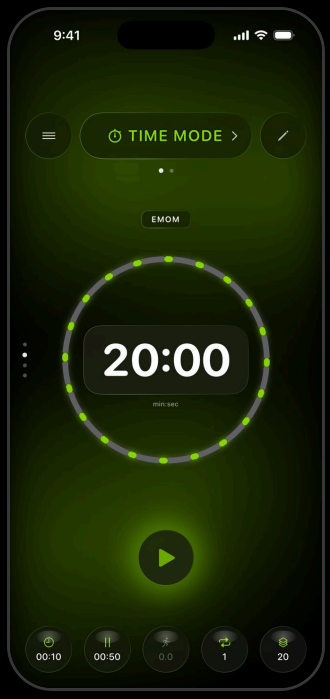
Burpees are counted by the camera straight away. TABATA and EMOM are ready in TIME mode, and any AMRAP is a REPS workout that ends on time.



TABATA: 8 rounds, 4:00.



Burpees, ready to count.



EMOM: a set every minute.

1. Pick TABATA or EMOM in TIME mode, or set your own work and rest.
2. Tap the exercises circle, tick BURPEES and untick the rest.
3. Prop the phone about 2 m (6 ft) away, standing and lying down in frame.
4. Press play: lime is work, grey is rest.

- The camera counts your reps on the phone itself. Nothing is uploaded.
- Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

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