

Burpee See Burpee Do

Your quick challenge is to do at least 50 burpees in 10 minutes. Take as many as 30 seconds rest per 1 minute round, which makes this challenge totally doable. Record in a journal each day how many burpees you can pull off and challenge yourself to do 1 or 2 more per day than the day before, and watch numbers quickly add up! If you are getting started, aim for 25 in 10 minutes and work up to 60, 70, even 90 burpees in a 10 minute stretch.

Doing burpees, or any exercise, consistently, you will find that your core will get stronger and if you want a further challenge you can add an additional squat round while holding arms at shoulder level for 50 squats, keep a wide stance and be sure to squeeze your glutes while standing. Always remember that your knees should never go past your toes during the squat. If you can't squat low without letting your knees project past the toes, then don't go so far down. Stay strong and build the muscles, and always squeeze the glutes at the top of each rep.



If you can spend only 15 minutes every other day doing these two exercises, you will find a long term change in both your body and your mind. Give those minutes to yourself as often as you can!