

Why Trainers Love Burpees

Burpees, it is the main exercise that everyone groans about when they see it on the workout plan. You may think we put them in there as a form of torture, a form of punishment. But we actually give them to you because we love you... Because we know how beneficial they are to your body and your fitness. Here are a few reasons why you should learn to love burpees...

Full body workout – performing just one burpee recruits the whole body. Your legs, abs, chest, back, arms, all get a workout when you do burpees. It is fantastic for all over body strength.

Cardio conditioning – because it is such a big movement recruiting the entire body, it quickly spikes the heart rate and gets you breathing heavier. Burpees are therefore great for improving cardiovascular fitness and endurance.

Calorie burning machine – because they activate the entire body and send your heart rate sky high, they are classified as a high intensity exercise and a full body high intensity exercise has an awesome calorie burning effect.

5 Categories of Fitness – burpees help in the field of 5 different fitness categories. It improves speed, agility, endurance, flexibility and strength.

No Equipment Required – Burpees can be done anywhere, anytime. They require no equipment and very little space. If you are travelling for work and you are stuck in a small hotel room, burpees are your go to exercise to get that 10 minute workout before work starts. No excuses.

Variety – Burpees are great because there are so many modifications, you will never get bored. There are plenty of options to make them easier if you are a beginner, and plenty of ways to make them harder for the more advanced. There are also variations like adding a tuck jump, high knees, star jumps, power lunges, the list goes on. So much this one exercise has to offer.

As you can see, trainers love burpees because they are good for you. They are great for your strength, your cardio, they are easy to incorporate into a program and they can be versatile. So next time you see burpees on the board, go “yay burpees” because they really are that good ❓❓

**THAT MOMENT
YOU REALIZE
BURPEES ARE NOW
A PART OF LIFE**