Title: Burpees / Squat Thrusts

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Chest, Shoulders

Summary: <ol>

<li>Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.</li>

<li>In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.</li>

<li>Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)</li>

<li>Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.</li>

<li>Complete 1 full push up.</li>

<li>Jump your feet forward to just behind your hands.</li>

<li>Use an explosive motion to push through your heels and return to the start postion.</li>

<li>Repeat.</li>

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