

# BURPEES

Burpees are a powerful, effective, and comprehensive bodyweight exercise that provides numerous health and fitness benefits. Even if you don't do a full workout every day, performing a few burpees on a consistent basis will give your body boosts of energy and keep your muscles strong.

## **Benefits:**

- 1. YOU WILL WORK MULTIPLE MUSCLE GROUPS**
- 2. YOU WILL GET YOUR HEART RATE UP**
- 3. BURPEES HELP YOU BURN CALORIES AND FAT**
- 4. YOU WILL WORK YOUR CORE**
- 5. YOU WILL IMPROVE YOUR MOBILITY, POSTURE, AND BALANCE**
- 6. YOU DON'T NEED ANY EQUIPMENT TO DO BURPEES**
- 7. YOU CAN VARY THE EXERCISE TO SUIT YOUR NEEDS**