

# EXERCISE OF THE MONTH

## Burpees

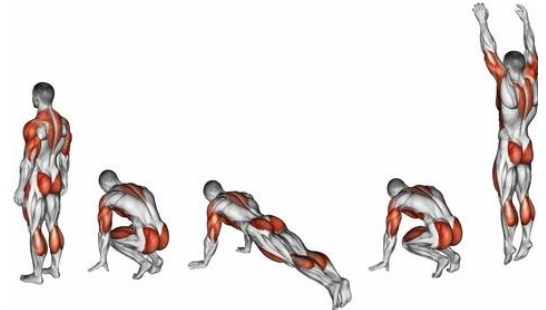
### Start Position



### End Position



### Muscle Groups Exercised



### How to Perform

Begin by standing. Quickly put your hands on the floor while you kick your feet out into push-up position. You can do a push-up at this point to make the exercise more difficult.

### How to Perform

Keeping your core tight, pull your feet back to your hands. Explode off the ground and jump as high as you can. Throw your hands in the air as you jump.

### Coaching Tips

- ✓ Keep core tight.
- ✓ Keep back straight.
- ✓ Push legs back and bring them back quickly.
- ✓ Explode to the ceiling.
- ✓ Perform as quickly as possible

*\* See your PFT for alternative exercise variations and equipment*

ACSM Guide for Optimal Enhancement			
Goal	Load (% of 1RM)	No. of Reps	No. of Sets
Muscular Strength	60-70%	8-12	1-3
Muscular Power	0-60%	3-6	1-3
Muscular Hypertrophy	70-85%	8-12	1-3
Muscular Endurance	<70%	10-25	2-4