

10 MINUTE OR LESS

BURPEE CIRCUIT



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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10 Minute or Less Burpee Circuit Routine

The Workout Routine:

Set your Timer for 10 Minutes

Do your set, and then use the remaining time to cool-down for the next minute.

Minute One: 2 Burpees

Minute Two: 3 Burpees

Minute Three: 4 Burpees

Minute Four: 5 Burpees

Minute Five: Six Burpees

Minute Six: Seven Burpees

Minute Seven: Eight Burpees

Minute Eight: Nine Burpees

Minute Nine: Ten Burpees

Minute Ten: Eleven Burpees

Feel free to change the starting number (minute one) to one burpee. I like to sometimes start with three or four and see how far I can get before it nearly kills me!

Just kidding...kind of...