

10 MINUTE OR LESS DEATH BY BURPEE CIRCUIT



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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 Death by Burpees Routine

The Workout Routine:

Set the timer for 5 minutes:

1 Legged Burpees 30 Seconds

Opposite Leg 30 Seconds

Regular Burpees 1 Minute

Dive Bomber (knee in push-ups) Burpees 30 Seconds

Side to Side Burpees (Jump horizontal w/ both feet) 30 Seconds

Burpees w/ Tuck Jump 1 Minute

Sit / Kick through Burpees 30 Seconds

Regular Burpees 30 seconds!