

BURPEES

BURPEES ARE ONE OF THE MOST FIERY FULL BODY EXERCISES OF ALL TIME!

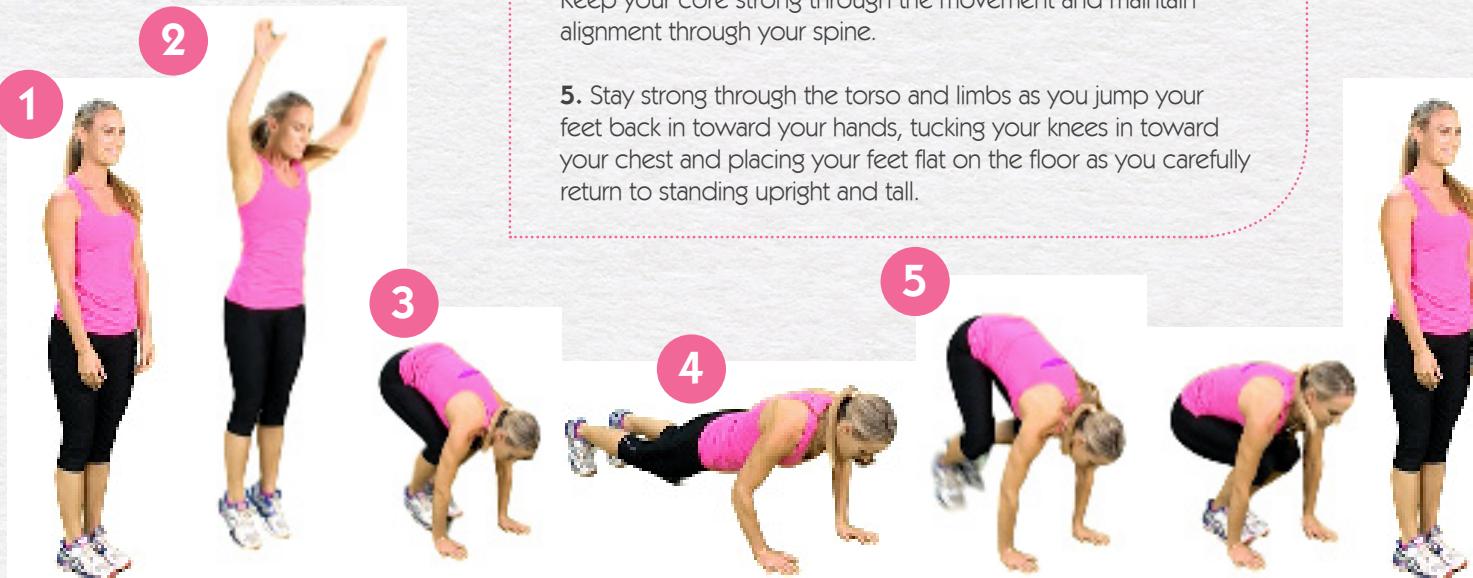
They target a wide range of upper and lower muscle groups, including chest, core, shoulders, legs and are unique in that they provide high resistance and cardiovascular activity at the same time for greater strengthening, toning and more efficient fat burning.

It is important to note if performed incorrectly, burpees can add extra pressure to your back and knees, so it is important that you are fully aware of proper technique and that you perform each burpee with good posture and alignment.

Perform a 2-5 minute warm up before you attempt a burpee workout and ensure you cool down and stretch once you have completed your workout.

HOW TO PERFORM A BURPEE:

1. Stand tall on a mat with your feet together hands by your sides. Engage your core by tucking your bellybutton in towards your spine, keeping your torso strong and stable.
2. Prepare to jump down to the floor on the balls of your feet. Lift your arms overhead, push off your toes and jump down to the floor.
3. As your hands reach the floor, place your palms face down on the floor outside of your feet, just wider than shoulder width apart. Keep your arms strong and straight to support your body, leaving a slight bend in the elbows.
4. Jump both feet backwards at the same time into a full plank position. Support your body with your arms, legs and torso. Keep your core strong through the movement and maintain alignment through your spine.
5. Stay strong through the torso and limbs as you jump your feet back in toward your hands, tucking your knees in toward your chest and placing your feet flat on the floor as you carefully return to standing upright and tall.



BURPEES

WORKOUT STRUCTURE:

You can use sets of burpees for a quick, structured full body workout to raise your metabolism and strengthen and tone. Perform burpees on their own or add them to your current outdoor walking or jogging regime to create a HIIT workout.

Due to their dynamic nature, burpees can be challenging to both the body and mind!

Performing just 5-10 minutes of a burpee workout can increase your heart rate and very quickly tire your muscles. It is important to choose the correct time frame and repetitions for your workouts so if you are unsure where to begin, start with 5 sets of 5 burpees with a 10 second rest period in between each exercise and then move up to 5 sets of 10 with a 20 second interval break.

**BEGIN WITH:
5 SETS OF 5 BURPEES**

10 SECOND REST PERIOD BETWEEN EACH SET

**ADVANCE TO:
5 SETS OF 10 BURPEES**

20 SECOND REST PERIOD BETWEEN EACH SET

If you feel like stepping up the challenge by adding some jumping jacks or a jog on the spot in place of the rest intervals, feel free to keep the cardiovascular activity going in between. Similarly, be sure to lengthen your rest periods if you feel you need a longer break in between sets.

Remember your body needs time to rest and repair in between these workouts so if you're performing them on top of your daily workout, you may only like to perform them twice or three times per week. Otherwise up to 4-5 times per week can produce maximum benefit. Of course, these short workouts can be added to other strength training routines to increase the cardiovascular output while still focusing on overall strength and conditioning.

WATCH OUR BURPEE VIDEO TUTORIAL HERE

VARIATION: BURPEE WITH LEG LIFT

As a variation, you may enjoy taking shorter rest periods and adding a leg lift to each burpee.



WANT MORE??

If you would like to get the absolute maximum benefit out of your workouts, join our **28 Day Weight Loss Challenge** which provides tailored and timed HIIT workouts to ensure you are working in your most efficient and effective state.

the healthy Mummy 28 DAY WEIGHT LOSS CHALLENGE

Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to swap, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase serve size on the recipe select the number of serves

Swap **Select: All None** **Instructions**

Monday June 1 **1485 cals**

BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
"Aussie" Toast 354 cals	Basil Pesto With Veggie Sticks 169 cals	Chilli Roast Beef & Salad Sandwich 350 cals	Almond & Cacao Fudge 134 cals	Pork, Pineapple & Coconut Stir Fry 378 cals	Watermelon & Almonds Snack 150 cals

Unlike most other plans on the market all our meal plans are **fully customisable**. PLUS you have access to over 1600 recipes that are both family and budget friendly. ALSO there are 28 days of **at home exercise** routines in our easy to follow weekly plan. And all of our exercises come with step by step and video instructions.

Week 1 Exercises

Safe Postnatal Exercise Guide

Week 1	Week 2	Week 3	Week 4
Monday August 03, 2015	Tuesday August 04, 2015	Wednesday August 05, 2015	Thursday August 06, 2015
Day 1 – Upper Body	Day 2 – Core	Day 3 – Mat Pilates	Day 4 – Lower Body
Day 5 – Full Body	Day 6 – Standing Pilates	Day 7 – Active Recovery Day	Sunday August 09, 2015

**ALL THIS
FOR JUST
OVER \$1
A DAY!**

Our mums have lost over one million kgs!



**JACKIE
LOST 22KG!**

"These days my life looks a bunch different to what it did 7 months ago. I am fit and healthy and most importantly.... happy! My confidence has soared!"
Jackie



**RAE
LOST 15KGS**

"I love the structure of the challenges and knowing that thousands of other Mums are participating alongside me makes me feel empowered and so very motivated."
Rae



**LAUREN
LOST 46KGS**



"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!"
Kat



**KAT
LOST 27KGS**

"Lose Baby Weight helps you understand HOW to lose weight, the SAFE way to do it, and WHY it happens a particular way. I could not recommend a program more. It has improved every aspect of my life."
Lauren