

## 20 minute Burpee workout (Tabata protocol)

### ROUND 1

Burpee 20 seconds

Rest 10 seconds

### ROUND 2

Burpee 20 seconds

Rest 10 seconds

### ROUND 3

Burpee 20 seconds

Rest 10 seconds

### ROUND 4

Burpee 20 seconds

Rest 10 seconds

### ROUND 5

Burpee 20 seconds

Rest 10 seconds

### ROUND 6

Burpee 20 seconds

Rest 10 seconds

### ROUND 7

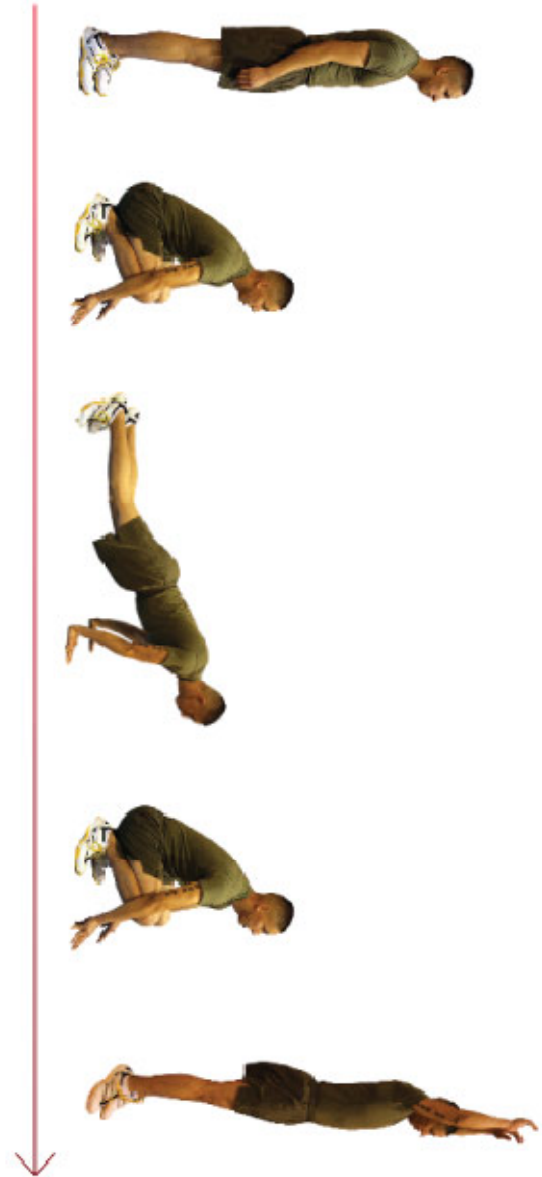
Burpee 20 seconds

Rest 10 seconds

### ROUND 8

Burpee 20 seconds

Rest 10 seconds



### Directions:

***\*The burpee can be done with or without a pushup. Eventually, try to progress to one leg.***

Do the above workout 3 -5x/week. Your goal is to repeat it 5 times per session, which will equal 20 minutes. This is a great alternative to working out on a machine, like a treadmill or the elliptical.