



WORKOUT 1

Zaterdag 23/05/20 00:00 – Woensdag 27/05/20 23:59

WORKOUT 4

For time:

1 K run
Immediately followed by
50 burpees

NOTES

The sequence for this workout is 1K run, followed by 50 burpees.

POINTS OF PERFORMANCE

BURPEE

Start each rep of the burpee standing tall. At the top of the movement, your hips and knees should be fully extended. Chest and thighs should touch the ground in the bottom position.

- Place the hands approximately shoulder width
 - Jump back to a push-up position
 - Lower the chest and thighs to the ground
 - Push-up and jump the feet back towards the hands
 - Jump to full hip and knee extension
 - Extend the arms overhead during the jump
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- For scaling, chest and thighs don't need to be lowered to the ground. The movement ends in push up position and then back up.

WORKOUT 4: SCALED

For time:

1 K run
Immediately followed by
50 half burpees

EQUIPMENT

No equipment is needed



WORKOUT 1

Zaterdag 23/05/20 00:00 – Woensdag 27/05/20 23:59

WORKOUT 4 / Scaled (circle one)

For time:

1 K run
Immediately followed by
50 burpees

WORKOUT 4: SCALED

For time:

1 K run
Immediately followed by
50 half burpees

Burpees	5	10	15	20	25
	30	35	40	45	50