

**Burpee: 20 reps, 3-4 sets**

**MUSCLES TARGETED: TRICEPS, CHEST, GLUTES, HAMSTRINGS, QUADS, GASTROCS, ABDOMINALS.**

BEGIN IN BASIC SQUAT POSITION WITH YOUR HANDS ON THE FLOOR IN FRONT OF YOUR LEGS. KICK YOUR FEET STRAIGHT BACK AND SIMULTANEOUSLY LOWER YOUR BODY INTO PUSH-UP POSITION. IMMEDIATELY RETURN YOUR FEET TO THE BEGINNING SQUAT POSITION. JUMP UP VERTICALLY AS HIGH AND EXPLOSIVELY AS YOU CAN FROM THE SQUAT POSITION.



**Pike Push-ups: 10-20 reps, 3-4 sets**

**MUSCLES TARGETED: TRICEPS, DELTOIDS**

START IN CLASSIC PUSH-UP POSITION. KEEP YOUR LEGS STRAIGHT AND WALK YOUR HANDS BACK UNTIL YOU ARE IN A PIKE POSITION.

UPPER AND LOWER BODY SHOULD FORM A 90 DEGREE ANGLE. EXTEND YOUR ARMS OVERHEAD SO THEY ARE IN LINE WITH YOUR SPINE AND REACH STRAIGHT OUT FROM YOUR SHOULDERS BEND YOUR ELBOWS AND LOWER DOWN UNTIL YOUR HEAD ALMOST CONTACTS THE GROUND. PRESS BACK UP.

