

STATION THREE

Senior School Circuit Training

Three

How to do Burpees



Burpees

Stand upright with arms to sides.

- 1. Bend over and squat down.*
- 2. Place hands on ground and kick legs back.
Land on feet with body in plank position.*
- 3. Pull legs forward under body returning feet
to original position.*
- 4. Stand up.*

*How many can you do before the whistle
sounds?*

