

## Workout of the Day!

### Burpee 10-1

**Equipment:** Around the house furniture

**Before each round, do your burpees!**

Beginner: 5 Burpees per round

Intermediate: 10 Burpees per round

Advanced: 15+ Burpees per round

Round 1: do exercise #10 for 10 reps

Round 2: do exercises #10 and #9 for 10 reps each

Round 3: do exercises #10, #9 and #8 for 10 Reps each

And so on down to Round 10 when you'll do all the exercises

- #10 Step ups Alternating legs (on step, chair, couch or cooler)
- #9 Sit-Ups
- #8 Incline Pushups (hands on couch, feet on ground, chest to couch then to full extension)
- #7 V-Ups
- #6 Single Leg Alternating sit to stand (lift one leg and sit to the couch slowly with one leg, then stand with that one leg if possible, then switch)
- #5 Dips (back against the couch, hands on seat)
- #4 Lunge, Lunge, Squat (Only count the squats)
- #3 Navy Seal ups (1 rep=1 crunch to left, 1 crunch to right, 1 crunch to center)
- #2 Decline Push-ups (feet on couch)
- #1 Max effort Plank Hold(1 time, as long as you can go!)

**Cool Down and Stretch**