

THE TUESDAY 10: JUNE 19, 2012 BADASS BURPEE VARIATIONS

Burpees seem to be everyone's favorite love-to-hate exercise, so I thought it would be fun to share the burpee variations I've collected since I was introduced to burpees at my CrossFit bootcamp back in 2008. (I collect three things: recipes, copies of Jane Eyre, and workouts. In their ways, all three of them are aspirational.)

I'm going on record right now: I like burpees. They're somewhat awful, sure, but I adore the simplicity and straight-forwardness of their challenging personality. You've either done a burpee or you haven't; there's no gray area. They work over your entire body like a meat mallet, and you can make them seem light-hearted by shouting "Yay, burpee!" on the jump. What's not to love?

1. Broad Jump Burpees

At the end of the burpee, leap forward in a broad jump instead of up in a vertical jump. Perhaps yell "Ribbet burpee!"

2. Pushup Burpee

When I first started CrossFit, I did all of my burpees this way, with a full pushup in the bottom position... and it took forever for me to finish burpee workouts (but I got really good at pushups). Then I learned you don't have to do the pushup in the middle. Now, sometimes I do, sometimes I don't.

3. One-Leg Burpee

This is actually easier than you think it's going to be, but harder than you probably want it to be. Perfect! You do it just the way name implies: on one foot, all the way through. Make it tougher by doing a bunch of reps on one side, then switching to the other side. Make it easier by alternating legs on each rep.

4. Box Jump Burpee

This might be my favorite variation because I triumphed over my fear of box jumps, and now jumping on stuff feels like playing to me. The trick to box jump burpees is to get close enough to the box that you can jump on it at the end of the burpee — but not so close that you smack your face into the box. I might be speaking from experience.

5. Pullup Burpee

Start under a pullup bar and instead of a vertical jump on the end, leap up and do a pullup. This video is great because it shows a great option for those of us that are still trying to conquer the unassisted pullup. Do a box jump burpee onto a box, then do a jumping pullup. It's two make-it-harder variations in one!

6. Lateral Burpee

Instead of jumping up, jump to the side. Bonus points if you add a hurdle: a jump rope on the floor will do, but you can make it more challenging by using a parallette, a barbell, or a small box.

7. High Knee Burpee

Instead of a simple (where simple is really freakin' hard) vertical jump, pull your knees up toward your torso instead. Extreme badass bonus points if you decide to go all rock star and do a mid-air split or some such on the jump.

8. Med Ball Burpee

Hold a medicine ball in your hands and proceed as if nothing was out of the ordinary. Bonus points if you keep your hands on the ball in the plank position, too — although you can scale it to be more manageable if you put the ball down between your hands and plant them on the ground..

9. Dumbbell Burpee

Hold a dumbbell in each hand, keeping your hands by your sides (shoulders relaxed, core nice and tight) on the vertical jump.

10. 8-Count Burpee

Think of it as the burpee with flair and razzmatazz!

1. Stand with hands by your side.
2. Squat and place hands on the floor.
3. Kick back into plank.
4. Do a pushup.
5. Stay in plank; jump your feet apart like a jumping jack.
6. Jump your feet back together.
7. Jump into squat.
8. Stand up, vertical jump, clap overhead.



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Melissa "Melicious" Joulwan is the author of the paleo recipe and lifestyle blog *The Clothes Make The Girl* and the cookbook *Well Fed: Paleo Recipes For People Who Love To Eat*. She CrossFits, practices yoga and meditation, eats paleo, and loves Prague, *Jane Eyre*, and lifting heavy things. She has been known to run occasionally. After a thyroidectomy in 2009, she became particularly interested in how diet affects hormones, body composition, and mood, and motivation. She is also a retired Rollergirl and the author of the memoir *Rollergirl: Totally True Tales From The Track*.

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