

Funk Robots  
**FITNESS**

# 50

## Shades of Burpees

Get **52** Fat Burning  
Burpee Finishers

and Over **200**  
Amazing Burpee  
Variations!

[www.50shadesofburpees.com](http://www.50shadesofburpees.com)





## Disclaimer

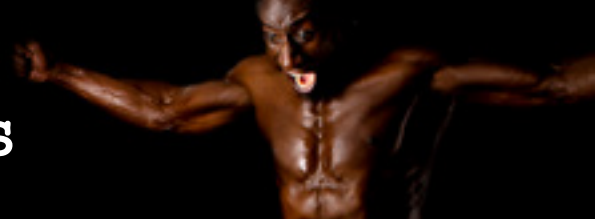
This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide.

The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts Burpees Program. No health claims are made for this guide.

The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician's clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual.

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## Introduction to Burpees

If you know me, then you know **3** key things about me.

**1**

I hate doing long boring bouts of useless and ineffective sessions of cardio on machines like the elliptical, stair climber or treadmill that just increase your cortisol levels (which is responsible for eating away your muscles and storing body fat).

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**2**

I love metabolic high intensity workouts ending with crazy Finishers that help build lean muscle, burn fat, increase strength and stay ripped 356 days a year.

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**3**

And finally my favourite exercise of all time is BURPEES!

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Yes that's right, **I love burpees** and most of my workouts have some variation of my beloved exercise.

That's why I created this awesome eBook and Program. A combination of Burpees and Finishers, the perfect union designed for you to use immediately after your strength training, interval workout or as an extra conditioning session throughout the week.

Each Burpee Finisher will help you build killer cardio, increase your metabolism and melt away stubborn body fat, faster than ever before.

I'm really excited and know you are going to love the 52 Burpee Finishers you will find on the following pages, that you can introduce each week.

Prepare to get in the best shape of your life with BURPEE FINISHERS courtesy of your main man Funk Roberts

**It's Time to GET IT DONE!**

# BURPEES, BURPEES, BURPEES!

## Origins of the Burpee

*According to the Oxford English Dictionary the exercise was named in the 1930s for American physiologist Royal H. Burpee, who developed the Burpee test. He earned a PhD in Applied Physiology from Columbia University in 1940 and created the “Burpee” exercise as part of his PhD thesis.*

The burpee is the “**Ultimate Metabolic Bodyweight Exercise**”.

This compound exercise works almost every muscle in your body in one short sequence of movements. The exercise simultaneously works the upper body, lower body and core at once.

Your heart and lungs are tested to the max as well.

It is a challenging and advanced exercise that anyone can master, but like anything else you must practice doing burpees to get the full benefits.

A set of burpees will force your body to work far above your capacity to take in, transport and utilize oxygen and, subsequently, your anaerobic conditioning will improve.

I created this Burpee Finisher program together in an effort to try and create circuits that can put the final blow to anyone training session, traditional strength workout, run or long boring cardio session at the gym. The different burpee variations make each finisher challenging, effective and fun.



Use Finishers no more than two - four times per week after your combat sport training session, workout or cardio.

The Burpee exercise challenges both your chest and aerobic capacity while building endurance and increasing body fat. Each burpee rep works your chest, shoulders, arms, core, quads, hamstrings, abs and heart.

Because this is a compound exercise (using multiple muscles in one movement) and performed at a high intensity it is highly effective at burning fat.

Research has shown that high intensity exercises, like burpees, can burn up to 50% more fat than many traditional strength training exercises. And if you want to get rid of belly day, there is no better exercise to use than the burpee.

Many professional sports teams, athletes, trainers, coaches and the military include burpees in their workout. It is also one of the best exercises to build conditioning, and the strength to help prevent injuries and perform at optimal level. As you get more effective at doing burpees you will be able to take on any challenge.

Finally depending on the burpee variation you can do them anywhere and anytime. In fact, as I am writing this, I feel like ripping out 10 burpees right now!





## Benefits of Burpees

### 7 Reasons You Need to Include The Burpee Finisher Circuit at Least Twice a Week after your Training Sessions:

- 1 GET RESULTS FAST** by igniting your metabolic rate to help you BURN FAT.

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- 2 INCREASE CARDIO** – the burpee itself is very effective at raising your heart rate and in turn increasing your overall cardio and conditioning.

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- 3 MORE HGH= MORE MUSCLE** – your natural HGH (Human Growth Hormones) levels are increased by performing these burpee variations do to the work capacity and power that you produce. One of HGH's benefits is to help build lean muscle fast.

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- 4 MENTAL TOUGHNESS** – because you are performing this after your main training session, you must mentally be focused to finish the circuit. For MMA and Combat Fighters, this challenge is key.

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- 5 FUN** – you have to keep things interesting, fun and challenging when training or it gets boring, ineffective and you end up quitting. Time to add flair to your training.

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- 6 BURN A TON OF CALORIES:** You can burn from 300-600 calories per workout based on your gender, body size, fitness level and workout intensity

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- 7 EPOC** - Burpee Finishers set you up for the “Afterburn” where you burn even more calories 24-36 hours after you are complete due to Excess Post Exercise Oxygen Consumption.

## Why Finishers?

Finishers are short body weight or single piece of equipment only, 3–10 minute routine at the end of each workout. I put Burpee finisher circuit together in an effort to try and create a workout that can put the final blow to anyone's training session, traditional strength workout, run or long boring cardio session at the gym.

Implementing Finisher Circuits into your training program is a must. You can use finishers to end off your workouts with a HIIT circuit or to target any lagging body parts you may want to build.



### STUDY 10 vs 30 Minute of Circuit Training

A study in the Journal of Applied Physiology found that only 10 minutes of metabolic circuit like Burpee Finishers provided the same post-workout calorie burn as a 30 minute cardio workout.

The intensity of the workout, not volume, determines the true metabolic calorie burn response to a workout. In other words a short finisher, but vigorous workout is always better than nothing at all.

You can use these Finishers two or four times per week after your workout session/metabolic training or your combat sport class.

If you are a trainer, end off your client's workouts with this Finisher.



## 3 Reasons to Use This Metabolic Finisher

**1 QUICK AND EFFECTIVE CIRCUIT** - Finisher Workouts are a short bodyweight or single piece of equipment circuit for only 3-10 minutes that you can use at the end of your workout. This specific routine allows you to target your legs, while increasing your cardio with this high intensity short circuit. It's quick but very effective.

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**2 BURN MORE FAT** – Metabolic Training – The short definition of metabolic training is completing compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

Metabolic workouts are usually HIIT that builds muscle and strength while jacking up your anaerobic metabolism, which will create the “Afterburn Effect”.

The After Burn Effect jacks up the metabolism enabling you to burn fat 24-36 hours after your training session.

You will also burn more fat as metabolic training burns a lot of sugar (muscle glycogen) in a short period of time so that your body begins to burn fat stores for energy.

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**BUILD MENTAL TOUGHNESS** - At the end of your regular workout, when your body's energy level is lower than normal, a finisher will test you physically and mentally pushing you to get through the circuit without quitting.

**3** The more you do Finishers the more confident you start to feel, being uncomfortable and the more you embrace that feeling, the stronger you will be mentally.

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## How to Use this Resource

Use these workouts as a finisher after your main workout, after your sports training session, in your hotel while travelling or on you're off day.

### BURPEE FINISHER WORKOUT PROTOCOL

Each Burpee Finisher Circuit is set up the same way and should be performed as a Finisher.

**Perform all 5 exercises for 45 seconds of work followed by 15 seconds rest one after the other for 2 straight rounds**

Complete one after the other for 2 rounds and a total of 10 full Circuits Total Workout Time 10 Minutes.

If you are a beginner, you can change the interval protocol to 30 seconds of work, followed by 30 seconds rest. Complete two straight rounds for 10 Minute Workout Time.

If you are advanced, then you can kick it up a notch with 60 seconds of work with no rest. Complete two straight rounds for 10 Minute Workout Time.

### GYMBOSS TIMER

In order to keep time between each interval ensure that you purchase the GymBoss Interval Timer. It is an inexpensive way to keep you on point during each 10-minute circuit and 45-15 interval. Learn more about GymBoss Timer - [CLICK BELOW](#)

FUNK GYMBOSS TIMER:

<http://www.tinyurl.com/funk-gymboss>

You can also use another interval timer or your smartphone



## TRAINER RESOURCE

If you are a personal or bootcamp trainer, strength and conditioning coach, gym owner or therapist then this is a great resource to use with your clients. There are over 52 Done For You circuits that can help you challenge your boot camp workouts, boost referrals, keep your session fresh and increase fat burning results for all of your clients.

## BURPEE FINISHER MEMBER WEBSITE

The Burpee Finisher website is member protected and houses all of the workout demo videos and some additions videos for you to download and look over.

## BURPEE FINISHER VIDEOS

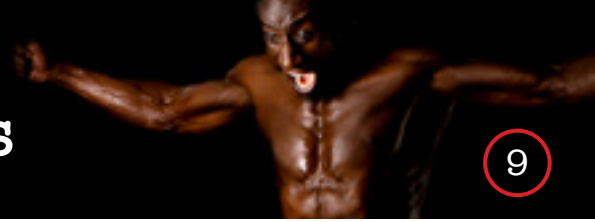
Each Burpee Finisher workout has a 1:30 - 2:00 minute demo video of the exercises. The videos are downloadable and are categorized on the member website for ease of use. My advice is to watch the videos and download them to your computer, smartphone, tablet or burn them to DVD.

# Funk Roberts Burpee Finisher Rules

Make sure that you practice each exercise before performing any Burpee Finisher. Feel free to substitute another burpee variation if you need to.

This isn't for the faint hearted or de-conditioned. They are beginners' routines to start with. If you're coming back from injury or illness, don't try these circuits yet. It's brutal!

However, if you add this routine, two to four times per week for four weeks, you'll see significant improvements in your conditioning and a massive drop in your body fat!



# 50 Shades of Burpees Workout Categories

You will discover on the following pages that I have broken up the Burpee Finishers into different categories to help you find what you are looking for easier. My advice is to jump in and try a bodyweight finisher or one of the beginner finisher first.

## **BEGINNER BURPEE FINISHER**

[Click here](#)

This is where you get started if you have not done burpees before or in a long time. These circuits are for the beginner to help perform the basic burpee variations while getting a high intensity, fat burning workout.

## **METABOLIC BURPEE FINISHER**

[Click here](#)

These are high paced metabolic circuits using bodyweight, equipment and challenging burpee variations. Perfect to use after a strength workout at the gym.

## **BODYWEIGHT BURPEE FINISHER**

[Click here](#)

Just like the category name describes these are circuits using bodyweight only. These are perfect burpee finisher to use anywhere, anytime and if you are a bootcamp trainer, this is the best way to end off one of your sessions (before the group stretch and cool down of course)

## **EQUIPMENT BASED BURPEE FINISHER**

[Click here](#)

In this category you will find burpee finisher using a specific piece of exercise equipment. This not only adds extra resistance to each movement but it Jacks Up the intensity of the circuit. For example: You may use a kettlebell, dumbbell, sandbag or even Lebert Equalizer's for each Finisher.

## SPORTS THEMED BURPEE FINISHER

[Click here](#)

Perfect Burpee finisher to use with a sports team, MMA or Martial Arts class students. The movements and exercises are functional for the sport athlete.

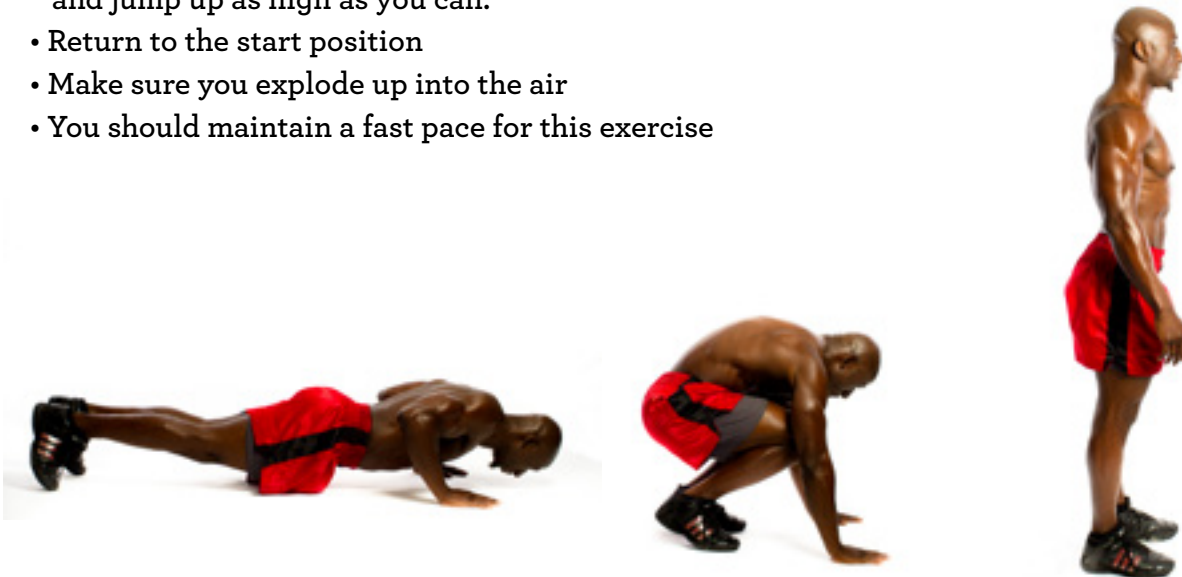
## X-TREME AND UNCONVENTIONAL BURPEES

[Click here](#)

These Finishers are for the true Burpeeist, elite athlete or fitness enthusiast. The variations are very advanced and challenging and also use some unconventional burpee exercises. These are fun and provide the ultimate burpee challenge

## How to Perform a Burpee

- Begin in a squat position with hands on the floor in front of you
- Kick your feet backwards until you are in the push up position maintaining a straight back.
- Without pausing, jump your feet back forward between your hands and jump up as high as you can.
- Return to the start position
- Make sure you explode up into the air
- You should maintain a fast pace for this exercise



# Beginner Burpee Finisher

This is where you get started if you have not done burpees before or in a long time. These circuits are for the beginner to help perform the basic burpee variations while getting a high intensity, fat burning workout.

These Finisher are suited for Beginner to Advanced.

## (1) **BABY STEP BURPEES**

Beginner to Advanced

1. Basic Step Back Burpee Thrusters
2. Basic Step Back Burpee and Stand
3. Basic Step Back Burpee with Push Ups/ no stand
4. Wide Leg Step Back and Stand Burpee
5. Wide Leg Step Back Basic Burpees with PU and Stand

## (2) **STARTED FROM THE BOTTOM BURPEES**

Basic to Advanced

1. Burpee Thrusters
2. Basic Burpees no jump and no Push Up
3. Burpee with Jump
4. Basic Burpee with Push Up
5. Jumping Jack Burpees

## (3) **"START TO FINISH"**

Beginner to Advanced

1. Beginner Step Burpees
2. Deadman Burpees
3. Low Jump Squat Burpees
4. Back Extension Burpees
5. Burpee Thrusters

# Metabolic Burpee Finisher

These are high paced metabolic circuits using bodyweight, equipment and challenging burpee variations. Perfect to use after a strength workout at the gym.

## (1) **"BATTLE CRY" BURPEES**

Intermediate - Advance

1. Air Jack Burpees
2. Dumbbell Burpee Curls with Push Ups
3. Double Judo Push Up Burpees
4. Dumbbell Plank Row Burpees
5. Knee to Chest Plank Burpees

*Equipment used: dumbbells*

## (2) **"NINJA BURPEES"**

Intermediate - Advance

1. Double Hindu Push Up Burpees
2. Ninja Tuck Burpees
3. Close Grip Push Up Burpees
4. Abs Roll Out Burpees
5. Regular Burpees

*Equipment used: Abs Wheel*

## (3) **HIP HOP BURPEES**

Intermediate - Advanced

1. Side-to-Side Bench Jump Burpees
2. Travelling Burpees
3. Low Hurdle Hop Burpees
4. Double Knee Slap Burpees
5. Double Low Hurdle Hop Burpees

*Equipment used: Low Plyo Hurdles*

## (4) **BURPEES OF DOOM**

Intermediate - Advance

1. Barbell Power Sprawl and Curl
2. Hands on BOSU Ball Burpees
3. Keg Clean and Press Burpee (Stand)
4. Knee to Bo's Burpees (Knees to Elbow Pull Ups)
5. Bunny Hop Burpees

*Equipment Used: Barbell, BOSU, Pull Up Bar, Keg*

## (5) **RELENTLESS BURPEES**

Beginner - Advanced

1. Blast Off Wide Leg Burpees
2. Slalom Hop Burpees (5 reps and Down)
3. Alternating Side Plank Rotation Burpees
4. Alt Side Push Up Burpees
5. Helicopter Sprawls

*Equipment Used: Dumbbell*



# Bodyweight Burpee Finisher

Just like the category name describes these are circuits using bodyweight only. These are perfect burpee finisher to use anywhere, anytime and if you are a bootcamp trainer, this is a the best way to end off one of your sessions (before the group stretch and cool down of course)

## (1) **"THE TERMINATOR"**

Intermediate - Advanced

1. Double Burpees - Two Jumps and Two Push Ups
2. High Scorpion Burpees - Keep Leg High in the air and twist at the hips
3. Full Show and Wave Burpees - add jump
4. Terminator Burpees
5. Alternating Front Arm Raise Burpees - With push up

## (2) **"CYBORG ATTACK" BURPEES**

Advanced

1. Superman Burpees
2. Stealth Burpees
3. Roll Back Knee Tuck Burpees
4. Show and Wave Burpees (Low)
5. Scorpion Burpees

## (3) **"SHOW AND PROVE" BURPEES**

Intermediate to Advanced

1. Full Headstand Burpees
2. Wide Leg Burpees
3. One Leg Crossed Burpee (switch leg in second round)
4. Alternate Leg Raise Push Up Burpees
5. Roll Back and Pop Burpees

## (4) **ANIMAL BURPEES**

Tame the Wild Beast

1. Squirrel Burpees
2. Polar Bear Walk Burpees (Crawl Forward on Elbows and Backward on Hands)
3. Star Fish Burpees (Wide Leg And Arms)
4. Bear Crawl Burpees (Bear Crawl to one side the Burpee)
5. Gorilla Jump Burpees (Beat Your Chest on the jump Up)

## (5) **"BODY COUNT" BURPEES**

Intermediate to Advanced

1. Hand Clap Push Up Burpees
2. DiveBombers Burpees
3. Tuck Jump Burpees
4. Chest to the Ground Burpees
5. Rolling Burpees

## (6) **"SPREAD EM"**

Intermediate - Advanced

1. Leg Split Burpees
2. Superstar Burpees
3. Burpee Sprawls
4. Chest to Ground Burpees
5. Wide Push Up Burpees

## (7) **NO NAME BURPEE**

Intermediate - Advanced

1. Side Leg Kick Out Burpees - At the bottom of the movement kick legs out to the side
2. Spiderman Burpees - Elbows to knee pushups and then burpee
3. Double Prisoner Jump Squat Burpees
4. Mountain Climber Burpees - 4 Per Side and Burpee
5. Bunny Hop Burpees - 5 Hop and Burpee

## (8) **NINJA BODYWEIGHT BLAST BURPEES**

Intermediate - Advanced

1. Close to Wide Push Up Burpees
2. Ninja Jump Burpees
3. Wide Leg Burpee with Jumps
4. Bottom Sprawl
5. Prisoner Jump Squat Burpee

## (9) **LOCKED AND LOADED**

Advanced

1. Jumping Jack Burpees - 3 Jumping Jacks then Burpee Thruster
2. Alt Pistol Squat Burpees
3. Mountain Climber Burpees - 2 per climbers per leg
4. Knees to Elbows Burpee Thrusters
5. 180-Degree Burpees

## (10) **BIG SHOT BURPEES**

Intermediate - Advance

1. Overhead Clap Burpees
2. One Leg Squat Burpees
3. Rotating Burpees
4. Grasshopper Burpees
5. Double Jump Squat Push Up

## (11) **ONE ARMED BANDIT BURPEES**

Advanced

1. One leg Burpees Left
2. One Leg Burpees Right
3. Side-to-Side Jumping Burpees
4. One Arm Burpee Stand (switch hands in rd 2)
5. One arm Burpees Jumping (switch hands in rd 2)

## (12) **"WIDE WORLD OF BURPEES"**

Intermediate to Advanced

1. Split Leg Burpee Thrusters
1. Close Hand Split Leg Push Up Burpees
2. Quad Squat Burpees
3. Wide Leg Burpees
4. Wide to Close Leg Burpees

## (13) **"JUST KICKIN IT" BURPEES**

Intermediate - Advanced

1. Reverse Lunge Burpees
2. One Leg Kick Back Burpees - Right
3. One Leg Kick Back Burpees
4. Double Burpees
5. Rockstar Burpees

## (14) **TIME TRAVELLING BURPEES**

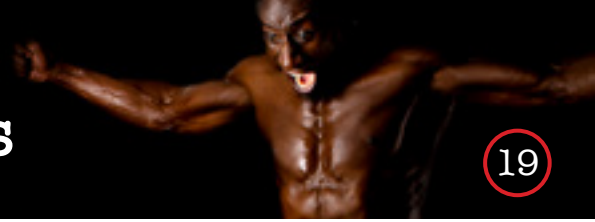
Intermediate - Advanced

1. Travelling Plyo-Pushup Burpees
2. Jumping Lunge Burpees
3. Toe Touch Burpees
4. Rotating Knee Tap Burpees
5. Donkey Kick Burpees

## (15) **"BURPEE BEAST"**

Advanced

1. Superman Burpees
2. High Scorpion Twist Burpees
3. Bottom Show and Wave Burpees
4. Hip Thrusts Burpees
5. Downward to Upward Dog Burpees



(16) **LICENSE TO BURPEE**

Intermediate - Advanced

1. Leg Split Push Up Burpees
2. Side Burpee Right
3. Side Burpee Left
4. Knee Tuck Burpees
5. Broad Jump Burpees

(17) **LOCKED UP BURPEES**

Intermediate to Advanced

1. Jumping Lunge Burpees
2. One Arm Burpees - switch arms in the second round
3. Prisoner Cell Burpees
4. Alternating Side Burpees
5. Leg Split Burpees - Stand Up

# Sports Themed Burpee Finisher

Perfect Burpee finisher to use with a sports team, MMA or Martial Arts class students. The movements and exercises are functional for the sport athlete.

## (1) **SUPER PRO BURPEES**

Intermediate - Advanced

1. Football Up-Downs - 5 Stationary Wide Leg Runs then Hit the deck
2. Surfer Burpees - Pop up alternating sides like you are on a surf board
3. Super Slalom Burpees - Keep the legs low when moving from side to side
4. Side-to-Side Burpee Jump Lunges - Land on balls of your feet
5. High Knee Sprint Burpees - 5 High Knee Sprints per leg the down to ground

## (2) **KARATE KID BURPEES**

Intermediate - Advanced

1. Karate Kid Burpees
2. Low Squat Burpees
3. Rock Back to Plank Burpees
4. Knee Strike Burpees
5. Knuckle Up Burpees

## (3) **MMA "NEVER TAP" BURPEES**

Intermediate - Advanced

1. Muay Thai Burpees - Med Ball Drop Split Push Up Burpees
2. Wrestler Lunge Burpees
3. Single Leg Step Over Speed Burpees
4. BJJ Terminator Burpees - Bjj Side Hop Burpees
5. Grapplers Roll Back Sprawls

(4) **MMA BURPEES** - “Submission Burpees”

Intermediate - Advanced

1. Knee to Chest Plank Burpees
2. Kick Out Burpees
3. BJJ Screw Up Burpees
4. Burpee Push Up Thrusters
5. Sprawls

(5) **BASKETBALL DIARIES**

Beginner - Advanced

1. Jump shot Burpees - One Arm Raise Burpees
2. Athletic Stance Burpees - Close Grip - Wide Leg Burpees with Pushups
3. Side Shuffle Burpees
4. Double Rebound and Thrust Burpees
5. 180-Degree Basketball Burpees

(6) **SUPER JUMP PLYO BURPEES**

Advanced

1. Bulgarian Plyo Bench Split Squats (Change legs in second round)
2. Cannonball Burpees (Grab behind the knees)
3. One Legged Triceps Dip and Jump Bench Burpees  
(Change Legs in second round)
4. Jackknife Burpees/Single Knee Grab Burpees  
(Change Legs in the second Round)
5. Super Knee Grab Burpees

# X-Treme and Unconventional Burpees

These Finishers are for the true Burpeeist, elite athlete or fitness enthusiast. The variations are very advanced and challenging and also use some unconventional burpee exercises. These are fun and provide the ultimate burpee challenge

## (1) **PARKOUR BURPEES** - “Maximum Risk”

Advanced

1. Donkey Kick Wall Burpees
2. Bench Push Out Burpees
3. X-Treme Super Wall Burpees - with donkey kick and jump
4. Full Triceps Extension Burpees
5. 360 Burpees - Jump and Spin 360 degrees

## (2) **PARKOUR BURPEES** - “Addicted to Danger”

Advanced

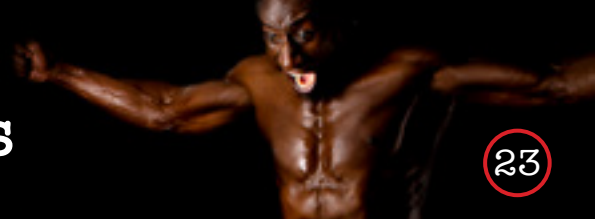
1. Wall Burpees with Stand Up
2. Full Bench Push Up/Out Burpees
3. Pull Up Burpees
4. Triceps Extensions Bench Burpees
5. Ninja Burpee with Jump

## (3) **UNCONVENTIONAL BURPEES** - Battlefield Burpees

Intermediate - Advanced

1. Heavy Bag Deadlift Burpees
2. Chain Link Burpees
3. Kegger Burpees
4. Lambo Burpees - Wheel Barrow Burpees
5. Prowler Push Burpees





(4) **UNCONVENTIONAL BURPEES** - Beg For Mercy

Intermediate - Advanced

1. Split Plyo Box Toe Tap Burpees
2. Pull Up Burpees
3. Side Hurdle Hop Burpees - 4 hurdles
4. Parallel Bar - Leg Raise Burpees
5. Big Tire Burpees

## Equipment Based Burpee Finisher

In this category you will find burpee finisher using a specific piece of exercise equipment. This not only adds extra resistance to each movement but it Jacks Up the intensity of the circuit. For example: You may use a kettlebell, dumbbell, sandbag or even Lebert Equalizer's for each Finisher

### (1) **RING MY BELL**

Beginner - Advanced

1. KB Burpee Deadlift - Perform Burpee Thrust with two Kettlebells and then stand
2. KB Burpee Swings - 2 KB Swings and Burpee
3. Double KB Burpee Blasts - Pushup on two kettlebells with Burpee and Jump
4. One Arm KB Burpee High Pulls - Left - Pushup (one hand on KB) to Thrust and One Arm High Pull Swing
5. One Arm KB Burpee High Pulls - Right - Pushup (one hand on KB) to Thrust and One Arm High Pull Swing

### (2) **ROCK THE BELLS**

Intermediate - Advanced

1. KB Burpee Snatch - Left (No Swing)
2. KB Burpees Snatch - Right (No Swing)
3. KB Burpee Deadlifts with Push Up
4. Double KB Burpee Cleans - No push up
5. Farmers Carry Burpees KB

### (3) **THE BELL TOLLS FOR THEE**

Single KB Burpees - Advanced

1. One Arm KB Burpees - Right
2. One Arm KB Burpees - Left
3. KB High Pull Burpees
4. One Arm KB Burpee Snatches (with Swing) - Right
5. One Arm KB Burpee Snatches (with Swing) - Left

## (4) **HELLS BELLS**

Advanced

1. One Arm KB Clean and Press Burpees - R
2. One Arm KB Clean and Press Burpees - L
3. KB Burpee Swings - 2 Swings and Burpee
4. Kettlebell Burpees with Push Up with push up and jump
5. KB Suitcase Swing Burpees - 2 Swings and Burpee

## (5) **BATTLE ROPE BURPEES**

Intermediate - Advanced

1. Battle Rope Jumping Jack Burpees
2. Battle Rope Waves Burpees - 5 Battle Rope Waves per side then burpee
3. Battle Rope Slam Burpees - 3 slams then burpee
4. One Arm Battle Rope Burpee - Right
5. One Arm Battle Rope Burpee - Left

## (6) **SMASH BALL BURPEES**

Intermediate - Advanced

1. One Leg Kick Back Smash Ball Burpees - Right
2. One Leg Kick Back Smash Ball Burpees - Left
3. Smash Ball Burpees
4. Left Arm Smash Ball Burpees
5. Right Arm Smash Ball Burpees

## (7) **DUMBBELL DOOMSDAY BURPEES**

Intermediate to Advanced (Upper body and Core)

1. Dumbbell Front Raise Burpees
2. Dumbbell Burpee Curls
3. DB Renegade Rows
4. Dumbbell Side Raise Burpees
5. DB Farmers Carry Burpees

## (8) **DUMBBELL BURPEES**

Demolition Dumbbells - Intermediate - Advanced

1. Dumbbell Burpee Thrusters with Push Ups
2. Dumbbell ManMakers - Clean-Squat-Press-Burpee-Push Up
3. Dumbbell Burpee with Jump
4. Dumbbell Burpee Curls
5. Double Burpee Dumbbell Snatch

## (9) **DUMBBELL DYNASTY BURPEES**

Intermediate - Advanced

1. DB Burpees with Jump
2. DB One Arm Clean and Press - change arms in the second round
3. DB Burpee Deadlift
4. DB Burpee Cleans
5. DB Alternate One Arm Gorilla Snatches

## (10) **BENCH BURPEES** - “The Unbelievable Sidewinder”

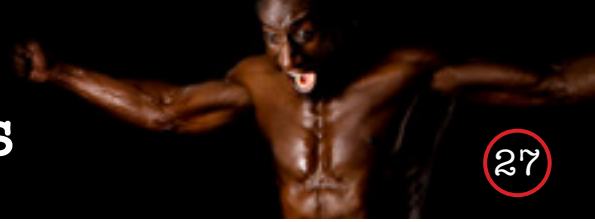
Intermediate - Advanced feat. Trainer Ben

1. Bench Push to Push Up Burpees
2. One Arm Side Bench Burpees (Right)
3. One Leg Bench Hop Burpees (Right)
4. One Arm Side Bench Burpees (Left)
5. One Leg Bench Hop Burpees (Left)

## (11) **BENCH BURPEES** - “Buck’Em Bronco”

Advanced

1. 180-Degree Side-to-Side Bench Jump Burpees
2. Reverse Bench Burpees (Feet On the Bench)
3. Bulgarian Split Squat Bench Burpee Right (No Jump)
4. Bulgarian Split Squat Bench Burpee Left (No Jump)
5. Donkey Kick Bench Burpees



(12) **BENCH BURPEES 2**

Intermediate to Advanced

1. Basic Bench Burpees - Stand Up
2. Full Bench Jump Burpees with Push Up
3. Alternating One Arm Bench Burpee (Stand)
4. Bench Jump Up Burpees
5. Basic Bench Burpees with Jump

(13) **BARBELL BURPEES** - CrossFit Bloodbath Barbell Burpees

Advanced

1. Barbell Deadlift Burpees
2. Clean - Squat and Press Mega Burpees
3. Power Curl Burpees
4. Clean and Squat Barbell Burpees
5. Barbell Deadlift Sprawls

(14) **MED BALL BURPEES**

Intermediate to Advanced

1. Med Ball Side-to-Side Burpees
2. Med Ball Split Push Ups
3. Med Ball Burpees
4. Med Ball Right Arm Burpees
5. Med Ball Left Arm Burpees

(15) **BOSU BALL BURPEES** - “Power Up”

Intermediate to Advanced

1. BOSU Step Over One Legged Burpees
2. BOSU Power UP Burpees - Explode off the ground with feet and chest
3. BOSU Ball Jump Burpees
4. BOSU Ball Burpees
5. BOSU Hand on All Burpees

(16) **PLYO BOX BURPEES** - Jump On It  
Advanced

1. Mid Box Jump Burpees
2. Big Box Jump Burpees
3. Alternating Side and Front Box Burpees
4. Side-to-Side Jump Over Box Burpees
5. Alternating One Arm Box Jump Burpees

(17) **SANDBAG BURPEES** - Enter the Sandstorm Burpees  
Intermediate - Advanced

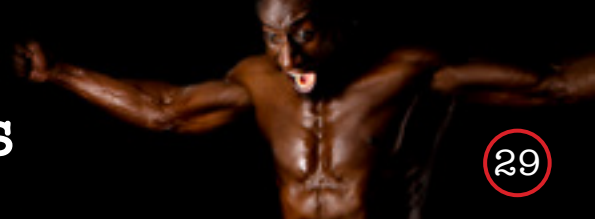
1. Sandbag Zercher Curl and Squat Burpee
2. Sandbag Deadlift Burpees
3. Sandbag Plank Pull Thrus
4. Sandbag Row Burpees
5. Sandbag Reverse lunge and Swing Burpees

(18) **LEBERT EQUALIZER BURPEES** - “Live and Let Die”  
Intermediate to Advance

1. Lebert Burpee Thrusters
2. Side-to-Side Lebert Jump Over Burpees
3. Step Over Side to Side Burpees
4. Lebert Overhead Raise and Push Up Burpees
5. Lebert Push Up Burpee and Jump

(19) **LEBERT EQUALIZER BURPEES** - The Equalizer Burpees  
Intermediate to Advance

1. Lebert Push Up Burpee with Jump
2. Lebert Side Hop Burpees (Use one to two equalizers)
3. Lebert Dip and Burpee
4. Lebert Burpee-Clean and Raise
5. Lebert Burpee Thrusters



(20) **BURPEES: EQUIPMENT** - Bags, Bells and Burpees  
Intermediate - Advanced

1. Dumbbell Burpees with Jump
2. Sandbag Zercher Curl and Overhead Snatch Burpees
3. Dumbbell Burpee Curls
4. Sandbag Double Pump Burpees
5. Dumbbell Side Raise Burpees

## EQUIPMENT LIST

Below is the list of equipment that we used throughout the program. IF you would like to purchase anything please click the links below:

### GYMBOSS TIMER

<http://funkmma.com/gymboss>

### DUMBBELLS

<http://funkmma.com/dumbbells>

### BARBELLS

<http://funkmma.com/barbells>

### KETTLEBELL

<http://funkmma.com/kettlebell>

### PROWLER – MONSTER SLED

<http://funkmma.com/prowlersled>

### DRAGGING SLED

<http://funkmma.com/draggingsled>

### MEDICINE BALL

<http://funkmma.com/medicineball>

### STABILITY BALL

<http://funkmma.com/stabilityball>

### RESISTANCE BANDS

<http://funkmma.com/bands>

### SANDBAGS

<http://funkmma.com/sandbags>

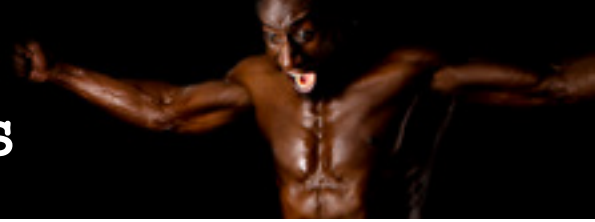
### JUMP ROPES

<http://funkmma.com/jumprope>

### KICKBOXING

<http://funkmma.com/kickboxing>





## Meet Your Burpee Finisher Creator: Funk Roberts



Funk Roberts, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an online fat loss expert that helps thousands of people worldwide burn unwanted fat while building lean muscle through his website, videos, articles, media and fitness products.



Funk is a Certified Metabolic Training Expert, Kettlebell Specialist, Mixed Martial Arts Conditioning Coach, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America's Premiere Experts and will be seen on ABC, NBC, CBS and Fox TV Affiliates in the summer of 2013.



Funk has been a featured trainer in a few fitness training DVD's and has produced his own online products such as, [Elite Strength and Conditioning for Combat Athletes](#), [Funk's 6 Week Jump Training Program](#) and the newly launched [Spartan Training System 10 Week Fat Loss Program](#).

Funk is passionate about helping people transform their body and educate them on how to lead a healthy lifestyle. His mission is to help 500,000 people by 2014 change their life's using fitness, nutrition and motivation.

His over 30 years of training, expertise, research and experience has made the difference in helping others change their lives for the better.

Funk has a following of over 40,000 subscribers to his websites, along with 36,000 YouTube subscribers and over 40,000 fans on Facebook and communicates with them on a daily to weekly basis.

He continues to learn and improve his skills so that he can supply the best information and contribute to the fitness community and help people make a difference in their lives.






At a young 44 years old, Funk is married and has 2 older children. His passion is training men, women, teens and athletes, helping people transform their lives, travelling and spending time with his wife and family.



## How To Reach Funk Roberts



### SOCIAL MEDIA

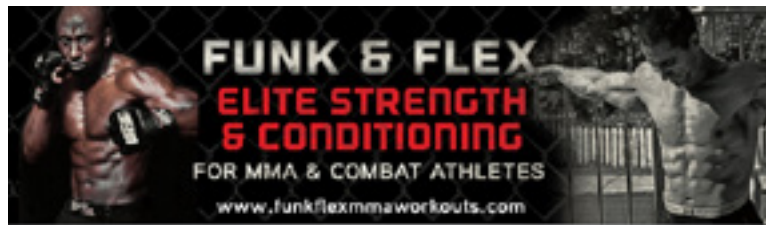
-  Funk Roberts Fitness Blog : <http://www.funkrobertsfitness.com>
-  MMA Strength & Conditioning Workouts : <http://www.funkmma.com>
-  YouTube : <http://www.youtube.com/user/marcroops?feature=mhee>
-  Facebook : <https://www.facebook.com/funkrobertsfitness>
-  Twitter : [@FunkMMA](https://twitter.com/FunkMMA)

### OTHER PROGRAMS

Funk Roberts Spartan Training System 10 Week Program: <http://www.10weekfatloss.com>



Funk Flex Elite Strength and Conditioning for Combat Athletes: <http://www.funkflexmma workouts.com>

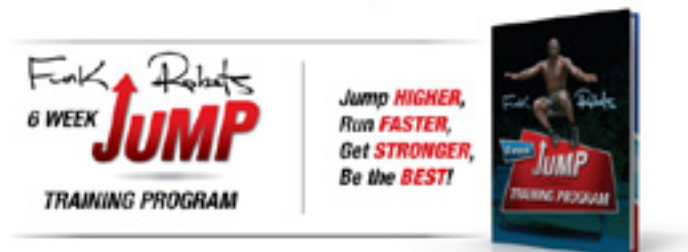


Funk Flex Heavy Bag Conditioning Program: <http://www.funkflexheavybag.com>



Funk 6-Week Jump Training Program: <http://www.funkjumptraining.com>

**ADD 2 TO 10 INCHES ON YOUR VERTICAL  
IN ONLY 6 WEEKS, GUARANTEED!**





Funk Roberts  
**FITNESS**

# **ATTACK** - OF THE - **TABATA BURPEES**

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further agreed that Funk Roberts Fitness shall not be liable for any injuries or damage to the User, nor be subject to any claim, demand, injury or damages whatsoever. I also agree to indemnify and hold harmless Funk Roberts Fitness And its officers, directors, assistants, agents and representatives against any and all actions, claims, demands, liability, loss, damage and expense of any kind, including attorney's fees, arising from such claims. I am aware and familiar with the ordinary and hazardous risk involved in the activities stated above, and I understand that I am assuming those risks. I am voluntarily participating in these activities and I hereby agree to expressly assume and accept any and all risks of injury or death.

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