

Published based on [BURPEE WORKOUT FOR FAT LOSS](#)

# **BURPEE WORKOUT FOR FAT LOSS**

SKIP TO WORKOUT 6:69 [www.funkmma.com](http://www.funkmma.com) or [http FUNK'S BURPEE 28'S](http://FUNK'S%20BURPEE%2028'S) - 6:59 Perform each exercise one after the other for a total of 28 reps total I put together the Burpee 28 to really add a challenging element to an already effective exercise. The burpee is the ultimate full body exercise as it uses almost every muscle in your body to perform. Burpees are a staple in my a lot of workouts and training programs, but I wanted to turn it up a notch, so I took the Burpee Pull-Up exercise and broke it down into four separate components (exercises) and created Funk's Burpee 28's. (It's actually similar biceps 21 exercise if you are familiar with it) **BENEFITS OF FUNK BURPEE 28** The Funk Burpee 28 Workout is total body training because of the numerous joint actions involved in performing this effective exercise. The first part of the exercise is the Lower Body Thrust to Push Ups (Frog Thrusts) which target the chest, shoulders, triceps, abs and core. The second part of the exercise is the Jump Squat which hits the quads, hammies, glutes and burns the crap out of your legs. The third part of the exercise is the Jump to Pull Up which continues to burn the legs but now work your back, shoulders and upper body strength. The fourth part of the exercise is the full Burpee-Pull Up which targets pretty much every muscle in your now fatigued body. AWESOME! [funkroberts.blogspot.com](http://funkroberts.blogspot.com)

**Video Rating: 5 / 5**



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**Video Rating: 4 / 5**

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