

The Full Body Burpee Annihilator Workout

Difficulty Level: Intermediate

Instructions: Do each exercise for 1 minute then immediately move to the next exercise. Once you finish Round 1, rest for 30 seconds. Do 5 total rounds for maximum strength and conditioning development.

Round 1	Reps/Time	Completed	Notes
Barbwire Push Ups	1 Min		
Single Leg Burpees (Right)	1 Min		
Pull Ups	1 Min		
Single Leg Burpees (Left)	1 Min		
Bodyweight Squats	1 Min		
Mountain Climbers	1 Min		
Rest	30 seconds		
Round 2	Reps/Time	Completed	Notes
Barbwire Push Ups	1 Min		
Single Leg Burpees (Right)	1 Min		
Pull Ups	1 Min		
Single Leg Burpees (Left)	1 Min		
Bodyweight Squats	1 Min		
Mountain Climbers	1 Min		
Rest	30 seconds		
Round 3	Reps/Time	Completed	Notes
Barbwire Push Ups	1 Min		
Single Leg Burpees (Right)	1 Min		
Pull Ups	1 Min		
Single Leg Burpees (Left)	1 Min		
Bodyweight Squats	1 Min		
Mountain Climbers	1 Min		
Rest	30 seconds		

Difficulty Level: Intermediate

Instructions: Do each exercise for 1 minute then immediately move to the next exercise. Once you finish Round 1, rest for 30 seconds. Do 5 total rounds for maximum strength and conditioning development.

Round 4	Reps/Time	Completed	Notes
Barbwire Push Ups	1 Min		
Single Leg Burpees (Right)	1 Min		
Pull Ups	1 Min		
Single Leg Burpees (Left)	1 Min		
Bodyweight Squats	1 Min		
Mountain Climbers	1 Min		
Rest	30 seconds		
Round 5	Reps/Time	Completed	Notes
Barbwire Push Ups	1 Min		
Single Leg Burpees (Right)	1 Min		
Pull Ups	1 Min		
Single Leg Burpees (Left)	1 Min		
Bodyweight Squats	1 Min		
Mountain Climbers	1 Min		
Rest	30 seconds		