Wear the Eagle Workout

“For the Love of Burpees”

At 3,2,1, “Go” and at the start of every minute do 3 burpees or up-downs. Do this every day throughout the week combined with the exercises listed below.

Day 1: Run/walk/ruck/bike/row/ski 1 mile
Day 2: Repeat Day 1 and add in 30 Air Squats
Day 3: Repeat Day 1 & 2 and add in 30 Push-ups.
Day 4: Repeat Day 1,2, & 3 and add in 30 Sit-ups
Day 5: Repeat Day 1, 2, 3, & 4 and add in 30 Walking Lunge,15 each leg.
Day 6: Repeat Day 1, 2, 3, 4, & 5 and add in a 30-second plank hold.
Day 7: Repeat Day 1, 2, 3, 4, 5, & 6 and add in another1 mile run/walk/ruck/bike/row/ski.

Example: Day 1, start a timer, do 3 burpees, begin running one mile. Stop at 1:00 to do burpees, continue running. Stop at 2:00 to do burpees, and so on. Day 2, you will start a timer, do 3 burpees, begin running 1 mile and stop at 1:00 to do burpees, and so on. At the completion of the mile, begin 30 air-squats and continue with burpees at the top of every minute for as long as it takes to complete the squats. Day 3, do the same but add 30 push-ups after your squats while continuing the burpees.

If you are newer to exercise, reduce the burpees or up-downs to 1 and cut all other reps in half. If you need more of a challenge, increase the burpees to 5 and add weight to all of the movements.