

Burpees, Deadlifts, Snatches, Squats, Box Jumps, Kettlebell Swings, Double Unders: The Ultimate Guide to Building Strength, Power, and Endurance



365 WODs: Burpees, Deadlifts, Snatches, Squats, Box Jumps, Kettlebell Swings, Double Unders, Lunges, Pushups, Pullups, and More by Evangeline Hemrick

★★★★☆ 4.1 out of 5

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Burpees, deadlifts, snatches, squats, box jumps, kettlebell swings, and double unders are all great exercises for building strength, power, and endurance. These exercises can be performed as part of a warm-up, a workout, or a cool-down. They can also be used as part of a circuit training routine.

Burpees

Burpees are a full-body exercise that works the chest, shoulders, triceps, biceps, back, abs, glutes, and legs. To perform a burpee, start by standing with your feet shoulder-width apart. Lower your body into a squat position, then place your hands on the ground in front of you. Jump your feet back

into a plank position, then lower your chest to the ground. Push yourself back up to the plank position, jump your feet back to your hands, and then stand up.

Deadlifts

Deadlifts are a compound exercise that works the back, legs, and glutes. To perform a deadlift, start by standing with your feet hip-width apart. Bend your knees and lower your body until your hands are just above the ground. Grip the barbell with an overhand grip, and then lift the weight up until you are standing upright.

Snatches

Snatches are a dynamic exercise that works the legs, hips, back, shoulders, and arms. To perform a snatch, start by standing with your feet shoulder-width apart. Bend your knees and lower your body into a squat position. Grip the barbell with an overhand grip, and then lift the weight up until it reaches your chest. In one fluid motion, lift the weight overhead and then lower it back down to the ground.

Squats

Squats are a compound exercise that works the legs, glutes, and back. To perform a squat, start by standing with your feet shoulder-width apart. Bend your knees and lower your body until your thighs are parallel to the ground. Keep your chest up and your back straight. Push yourself back up to the starting position.

Box Jumps

Box jumps are a plyometric exercise that works the legs, glutes, and hips. To perform a box jump, stand facing a box or platform. Jump onto the box, and then step down. Repeat for the desired number of repetitions.

Kettlebell Swings

Kettlebell swings are a compound exercise that works the back, legs, and glutes. To perform a kettlebell swing, start by standing with your feet shoulder-width apart. Hold a kettlebell in front of you with both hands. Swing the kettlebell back between your legs, and then swing it forward until it reaches your chest. Reverse the motion and lower the kettlebell back down to the starting position.

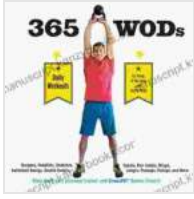
Double Unders

Double unders are a plyometric exercise that works the calves, ankles, and shoulders. To perform a double under, jump rope twice while swinging the rope under your feet twice. Repeat for the desired number of repetitions.

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If you are new to these exercises, it is important to start slowly and gradually increase the intensity and duration of your workouts. Be sure to listen to your body and stop if you experience any pain.

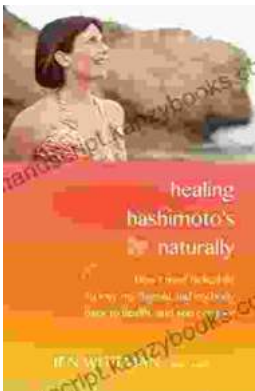
With regular practice, you will be able to master these exercises and reap their many benefits.



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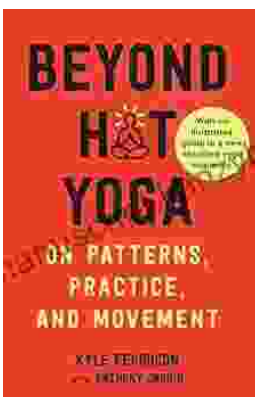
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