



*"Everything negative – pressure, challenges – is all an opportunity for me to rise." - Kobe Bryant*



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## Same Newsletter, New Look

In my never ending quest to bring you the best and most efficient newsletter, I happily welcome you to my new format via Constant Contact. They will be a little shorter as I've added buttons that will take you directly to my schedule on Mindbody. Yay! And once my website goes live, I'll add that link here too. Keeping it simple in complicated times.

This past year has sure been filled with TONS of changes and challenges -- some positive, some negative. I've chosen to see them as opportunities to rise, learn, and grow. Thanks for joining me! I'm really happy you're here and am grateful for each one of you.

# Burpees -- why?

Burpees. When did they become a thing and why, oh why, do they even exist? I'm so glad you asked.

Royal Burpee was a physiologist who developed the Burpee Test in the 1930s. He created the "burpee" exercise as part of his PhD thesis as an easy and quick method to assess fitness. The exercise was made popular when the United States Armed Services adopted it as a way to assess the fitness level of recruits when the U.S. entered World War II. The burpee consists of a series of exercises performed rapidly in succession and was intended to be an effective measure of agility, coordination, and strength.

While there are MANY variations (especially in the CrossFit world), the original version is a squat thrust with a stand in-between reps. It's a full body exercise used in strength training and is also an aerobic exercise. The classic "four-count burpee" goes like this:

- Begin in a standing position
- Move into a squat position with your hands on the ground (count 1)
- Step or lightly hop your feet back into an extended plank position, while keeping your arms extended (count 2)
- Immediately return your feet into squat position (count 3)
- Stand up from the squat position (count 4)

I've snuck burpees into my FUNctional Strength classes recently and believe they hold an important place in any exercise routine. Don't worry, burpees don't like me either. We tackle them, modify them, and conquer them.

In yoga, we practice Surya Namaskar regularly, which bears a striking similarity with burpees. I wonder if yoga inspired Royal? Hmmmm.

For more info about the man (pictured below), the myth, the legend, here's a fun Men's Journal article. <https://www.mensjournal.com/health-fitness/history-burpee-origin-name-royal-trainer-bodyweight/>



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## What's coming next?

In January, we talked about setting intentions. How are they going? Do you need a nudge? Let me nudge you. As our classes grow and evolve, I'm loving the feedback I'm getting and if there's anything you're missing or would like to experience in my classes, please let me know. I'm here for YOU and am your biggest fan. Always.

Starting this week, I will no longer be offering live stream 30 minute classes. Instead, I will be offering 30-minute videos for you to access at your convenience. Stay tuned!



Let's connect, share, and rise together.

With regards to class payments, please know that my commitment to health and wellness for all remains as steady as ever. These are difficult times, so please do not let money stand between you and your practice or workout. I got you. No reason needs to be given. Simply drop me a line so I can link you to class. I'd rather see you than not.

Stay strong. Remain awesome.

Love your body -  
Janine

JANINE · B · FIT  
MAT PILATES · YOGA

Let's Move!

