

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO

# Do Not Do Burpees the Regular Way

One of the worst things you could do to your spine is put it into flexion (bending forward) under repetitive full body weight load. This happens when doing Burpees. You can do a safer version of a burpee with a Bosu Disk or off a bench (see AceFitness).

Yes



The US Navy states that poor technique usually results in high compressive forces on the spine and can lead to low back pain when doing the Burpees. The functional transfer of Burpees is also questionable because it puts the spine in a loaded flexed position and then incorporates movement of the lower extremities. This is not a normal requirement of the body. See more here. It also stresses your wrist and knees.

No



Flexed Spine - Dangerous

Sources: Navy Contraindicated Exercises and AceFitness