

## PRISON BURPEE WORKOUT

### Warm-Up:

Start with a 5-10 minute warm-up that involves light cardio (jumping jacks, jogging in place, etc.) and dynamic stretches to prepare your body for the workout.

### Main Workout:

Perform the burpee ladder-style routine as described:

1. 20 Burpees + 5 meters walk
2. 19 Burpees + 5 meters walk
3. 18 Burpees + 5 meters walk
4. ...Continue decreasing by one burpee per set until you reach...
5. 1 Burpee + 5 meters walk

### Cooldown:

After completing the ladder, cool down for 5-10 minutes with static stretching to aid muscle recovery and flexibility.

### Schedule:

This workout can be done 2-3 times a week, allowing a day of rest between sessions to let your muscles recover. As you progress, aim to increase your stamina by attempting to reduce the rest time between sets or increasing the number of sets you complete.

### Important Note:

Ensure proper form during burpees to avoid injury. If you're new to this workout or burpees, start with a smaller ladder (e.g., starting from 10 burpees) and gradually work your way up as you gain strength and endurance.

### Progression:

The goal is to build your endurance so that eventually, you can complete the ladder without stopping. Monitor your progress and celebrate improvements in your ability to complete more sets or reduce overall workout time.

Remember, consistency and gradual progression are key to improving fitness levels and achieving your goals. Adjust the workout intensity based on your fitness level, and always listen to your body to avoid overexertion or injury.