

Are Burpees Good For Abs?

Benefits & Exercise Routines

Meta Description: Learn how burpees can help you build Abs, including detailed routines and methods to maximize your abs.



Caption: Adding burpees into your routine can accelerate your ab workout. (Image courtesy of Landice)

Alt text: A step-by-step image of a woman showing how to do burpees.

Key Takeaways

- Burpees engage multiple muscle groups, including the abs, providing a comprehensive workout.
- They burn a significant amount of calories, aiding in fat loss that helps reveal abdominal muscles.
- Burpees improve cardiovascular fitness, which enhances overall endurance and performance.
- Different variations of burpees can target the abs more effectively.
- [SOLE elliptical](#) lets you switch between the explosive contractions of burpees and a steady isometric hold, building both abs power and endurance

Burpees for Effective Abs

What are Burpees?

Burpees combine a squat, plank, push-up, and jump into one move. They work your whole body without needing any special equipment.

Core Engagement

When you do a burpee, your core muscles work hard to keep your body stable throughout the movement. From the plank position to the jump, your abs stay engaged to maintain balance and control. This constant work strengthens your core muscles over time.

For example, when you drop into a plank, your abs contract to keep your hips from sagging. This works similar to holding a plank, but with added intensity. The jump back to standing position further activates your core as you pull your knees toward your chest.

Full-Body Workout

Burpees are a full-body exercise. They don't just target the abs—they work multiple muscle groups simultaneously, including the legs, chest, and arms. This complete workout builds strength while also improving your coordination and balance.

Fat Burning

Burpees are a high-intensity exercise, which means they burn a lot of calories in a short amount of time. This helps with the fat loss needed to make your ab muscles visible.

At SOLE, we're proud to offer top-quality exercise equipment designed for home and gym use. Our machines are built to meet the highest standards of durability and performance, making them ideal for fitness enthusiasts at any level.

SOLE Products

- [**SOLE Treadmills**](#): Engineered for durability and performance, these treadmills feature advanced cushioning, quiet motors, and spacious running surfaces for a comfortable workout.
- [**SOLE Ellipticals**](#): Built for smooth, quiet operation, these ellipticals offer adjustable stride lengths, incline options, and heart rate monitoring for a full-body workout.
- [**SOLE Bikes**](#): Designed for comfort and efficiency, these bikes provide a quiet, stable ride with adjustable seating, user-friendly consoles, and heart rate monitor compatibility for all fitness levels.
- [**SOLE SRVO**](#): With a sleek, compact design and motorized resistance system, this innovative weightlifting solution makes strength training effortless and efficient. Built-in transport wheels ensure effortless movement and storage.
- [**SOLE Strength**](#): From adjustable dumbbells to Olympic barbells, these strength products support functional training and progressive muscle growth.
- [**SOLE Rower**](#): With dual magnetic and air resistance, this rower ensures a smooth, quiet experience. Adjustable foot pedals, an ergonomic seat, and a foldable design provide comfort and convenience for a full-body workout.

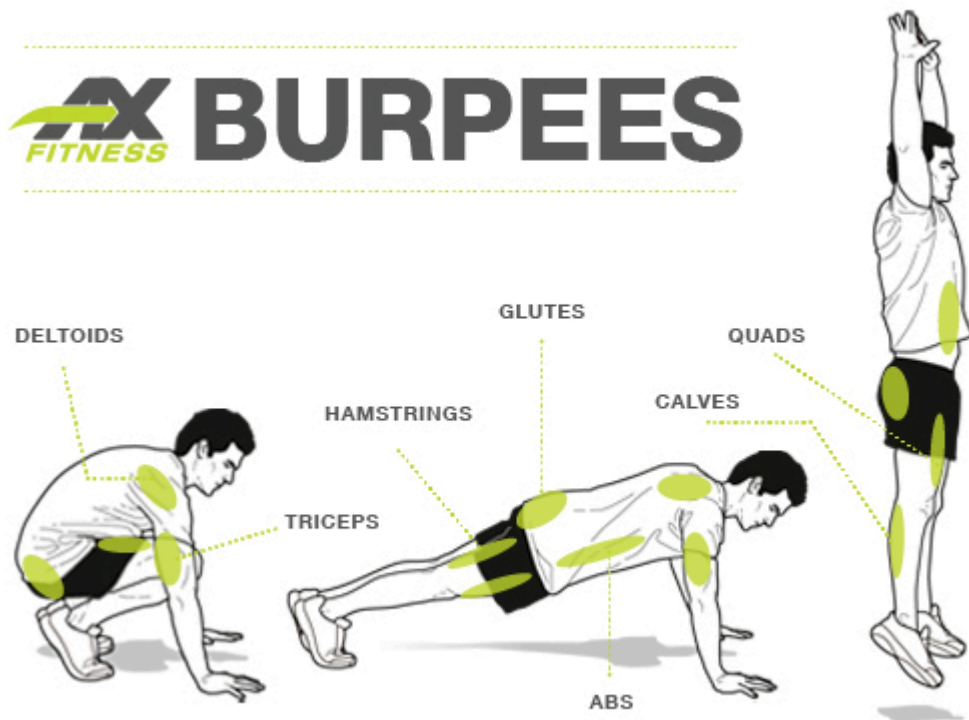
Benefits of Burpees

Improving Cardiovascular Fitness

Burpees are great for [improving your heart health](#). The quick sequence of movements—squat, plank, push-up, jump—keeps your heart rate up, strengthening your cardiovascular system.

Regularly doing burpees can also boost your endurance so that you can do other exercises more easily.

Muscle Strength and Endurance



Caption: Burpees target multiple muscle groups. (Image courtesy of AX fitness)

Alt text: An image showing the core muscles burpees activate.

So how do burpees help you build strength? Well, they work:

- Your upper body (chest, shoulders, triceps) during the push-up phase
- Your lower body (quads, hamstrings, calves) during the squat and jump phases

Over time, you'll notice you can do more repetitions without getting tired. For example, imagine a workout where you do three sets of ten burpees. At first, this might be challenging, but with consistent practice, your muscles will adapt, and you'll notice that you'll have more strength and stamina.

Increased Flexibility

As you move through the squat, plank, and jump, your muscles stretch and contract, improving your flexibility. This helps prevent injuries and enhances your range of motion in other exercises.

Burpee Variations for Abs

Standard Burpee

The standard burpee consists of a squat, plank, optional push-up, and jump. This basic movement pattern engages your core throughout, especially as you transition between positions.

To do a standard burpee, the steps are:

1. Start by standing with your feet shoulder-width apart
2. Drop into a squat position with your hands on the floor
3. Kick your feet back into a plank position
4. Do a push-up (optional for beginners)
5. Jump your feet back to the squat position
6. Jump up with arms overhead

Burpee with Tuck Jump

If you want to increase the intensity and challenge your abs more, try the burpee with a tuck jump. This works your core and also adds a plyometric element, which is great for building explosive strength.

First, start with a standard burpee. As you jump up from the squat position, tuck your knees toward your chest before landing softly. This explosive movement requires your abs to contract forcefully, giving your core an excellent workout.

Push-Up Burpee

Adding a push-up to your burpee routine is a great way to build upper body strength while still targeting your abs. This variation works your chest, shoulders, and triceps, making it a complete upper body workout.

Begin with the standard burpee, but when you reach the plank position, do a full push-up before jumping back to your feet. This extra step increases core engagement as your abs stabilize your body during the push-up.

One-Legged Burpee

Doing a burpee on one leg tests your stability and coordination while keeping your abs engaged.

Start by standing on one leg. As you move into the squat, extend your other leg behind you. Do the burpee as usual, maintaining balance on the one leg throughout the exercise. This variation requires significant core strength to stabilize your body, making it powerful for targeting your abs.

Exercise Routines

Beginner Routine

If you're new to burpees, start with a manageable number to build your endurance and confidence. Here's a simple routine to get you started:

1. 5 Standard Burpees
2. Rest for 30 seconds
3. 5 Burpees with Tuck Jump
4. Rest for 30 seconds
5. Repeat for 3 sets

Intermediate Routine

If you have mastered the basics and are ready for a challenge, this intermediate routine adds more intensity:

1. 10 Push-Up Burpees
2. Rest for 30 seconds
3. 10 Burpees with Tuck Jump
4. Rest for 30 seconds
5. Repeat for 4 sets

Advanced Routine

If you're looking to push your limits and test your strength, the advanced routine is for you:

1. 15 One-Legged Burpees (alternating legs)
2. Rest for 30 seconds
3. 15 Push-Up Burpees
4. Rest for 30 seconds
5. Repeat for 5 sets

Maximizing Abs

Proper Form

Start by standing with feet shoulder-width apart. As you drop into the squat, keep your knees aligned with your toes.

When in the plank position, keep your body in a straight line, avoid sagging hips or raised shoulders. Jump back to the standing position with an explosive movement, using your core for power.

Good form maximizes the effectiveness of the exercise and also reduces your risk of injury.

Breathing Techniques

Exhale as you jump up and inhale as you drop into the squat. This rhythm helps stabilize your core and ensures you maintain control throughout.

Mindful breathing also improves your endurance, allowing you to do more repetitions without feeling tired. Practice this breathing technique consistently to improve your performance and results.

Consistency in Practice

Consistency is the foundation of any successful fitness program. For burpees, regular practice is essential to see improvements in strength, endurance, and core definition.

Try to include burpees in your routine at least three times a week. This allows your body to adapt and improve over time.

Amplify Your Abs with SOLE Fitness Equipment



Caption: While burpees effectively engage your core, incorporating SOLE fitness equipment into your ab-focused training regimen can dramatically enhance your results.

Alt text: A woman using the SOLE E35 elliptical

SOLE's fitness machines provide specialized benefits that complement and intensify the abdominal engagement you get from burpees, creating the perfect synergy for developing a stronger, more defined core.

[SOLE fitness equipment](#) enhances your abs development in three distinct ways:

- **Progressive Core Resistance:** [SOLE ellipticals](#) with adjustable incline settings target different sections of your abdominal wall, hitting muscles that even the most advanced burpees might miss
- **Rotational Core Training:** The natural motion of [SOLE bikes](#) develops rotational core strength, complementing the linear core engagement of burpees for a more comprehensive abdominal workout
- **Stabilization Development:** The balanced resistance systems on [SOLE treadmills](#) challenge your core's stability while reducing impact, which helps you build strength

For maximum abdominal results, consider switching between burpee circuits and targeted workouts on SOLE equipment. For example, perform 3 sets of 10–15 burpees, then transition to 10 minutes on a SOLE elliptical by engaging your core while avoiding leaning on the handlebars.

With our [SOLE+ App](#), you'll get access to even more specialized workouts to complement your burpee routine. It's included with every purchase of our machines!

If you're just beginning your fitness journey or you're an experienced athlete looking to take your core to the next level, combining burpees with SOLE fitness equipment creates an unbeatable approach to building the strong, defined abs you've been working toward.

[Check out the SOLE collection now!](#)

Frequently Asked Questions (FAQ)

Do Burpees Burn Belly Fat?

Yes, but they need to be part of a complete fitness and nutrition plan. Burpees are high-intensity exercises that burn many calories; however, to specifically target belly fat, you also need to maintain a healthy diet and ensure you're burning more calories than you consume.

How Many Calories Do Burpees Burn?

The number of calories burned during burpees varies depending on the intensity of the workout and individual factors like weight and metabolism. On average, a person weighing around 155 lbs can burn about 10 calories per minute of moderate-intensity burpees. Increasing the intensity or duration of your workout can burn more calories.

Can Burpees Replace Ab Workouts?

While burpees are excellent for working your core, they shouldn't completely replace dedicated ab exercises. Burpees provide a full-body workout, but specific ab exercises like planks, Russian twists, and bicycle crunches can target your abs more directly. Combining burpees with targeted ab exercises ensures a complete core workout.

How Often Should I Do Burpees?

Try to include burpees in your workout routine at least three times a week. This gives you plenty of time to recover and adapt to your routine, leading to better performance and results. However, listen to your body and adjust your routine based on your fitness level and goals. If you're new to burpees, start with fewer sessions and gradually increase as you build your strength and endurance.

Are Burpees Safe for Everyone?

While burpees are versatile, they may not be suitable for everyone, especially those with joint issues or injuries. Always prioritize safety and consult with a fitness professional if you have concerns. Modifying the exercise or choosing lower-impact alternatives can provide similar benefits without compromising safety. The goal is to improve your fitness while minimizing the risk of injury.

How Can I integrate a SOLE Elliptical With Burpees For Optimal Abs Development?

[SOLE ellipticals'](#) smooth motion allows your core to transition from the explosive contractions of burpees to sustained isometric engagement, which boost your ab strength.

Create a core-focused circuit by doing 30 seconds of burpees followed immediately by 2 minutes on a SOLE elliptical with the "Hands-Free Core" technique (maintaining an upright posture without holding the handles).