

Navy SEAL Burpee Workout: Muscles Worked & How to Do It

Meta Description: Master the Navy SEAL burpee and its triple push-up sequence. Learn proper 10-count form, muscles worked, and how to build elite full-body fitness.



Alt text: A man doing burpees.

Key Takeaways

- Navy SEAL burpees are an advanced 10-count variation featuring a triple push-up plus knee tucks (mountain climbers). This delivers intense upper body benefits, with 100 repetitions equaling 300 push-ups plus explosive jumps and core work.
- This challenging exercise engages virtually every major muscle group simultaneously, including chest, shoulders, triceps, core, quadriceps, hamstrings, and glutes.
- Navy SEAL burpees can burn approximately 10–15 calories per minute with a significant afterburn effect lasting up to 24 hours depending on intensity.
- Perfect form is crucial for maximizing results and preventing injury, with common mistakes including improper hand placement.
- Our [SOLE Equipment Mat](#) provides a cushioned, non-slip surface essential for protecting joints during the high-impact jumping component.

Why Navy SEALs Swear by This Burpee Variation

Burpees are already known as a fitness killer, but the Navy SEAL variation takes intensity to another level entirely. By adding a triple push-up sequence and knee tucks to the standard movement, it becomes a comprehensive strength-and-endurance drill that requires zero equipment.

Navy SEAL burpees burn approximately [10–15 calories](#) per minute compared to moderate jogging's 10–12 calories per minute, but their full-body nature simultaneously develops upper body pushing strength, core stability, and lower body power. When performed correctly, 100 repetitions equate to 300 push-ups plus explosive jumps and sustained core work, all in one fluid motion.

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What Makes Navy SEAL Burpees Different



Caption: The 10-count structure forces disciplined execution with three consecutive push-ups performed during counts 3–8.

Alt text: A woman doing burpees.

The standard burpee involves a simple four-count movement consisting of [squat down](#), kick feet back to [plank](#), return to squat position, and jump.

The Navy SEAL burpee transforms the standard movement into a 10-count powerhouse.

By incorporating three [push-ups](#) instead of one, it triples the upper-body workload. The sequence also adds 'mountain climber' style knee tucks between push-ups, forcing the core to remain engaged throughout the entire plank phase.

The 10-Count Structure

The Navy SEAL burpee follows a precise 10-count cadence that breaks down the movement into distinct segments.

The counts begin and end with leg work during counts 1–2 and 9–10, while the critical upper body components occur during counts 3–8 when performing the three push-ups. This structured approach ensures proper form while maintaining intensity.

Triple Push-Up Component

Each push-up must be performed with perfect form, including chest touching the ground, elbows tracking at approximately 45 degrees alongside the body, and full extension at the top.

This triple push-up component transforms what would be primarily a cardiovascular exercise into a serious strength builder for the [chest](#), [shoulders](#), and [triceps](#).

Core Engagement

The effectiveness hinges on proper core engagement throughout the entire movement. Maintain a neutral spine position during the plank phase by drawing your navel toward your spine.

This bracing technique creates 360-degree tension around your midsection that protects your lower back while activating deep stabilizing muscles.

Every Muscle Worked in the Navy SEAL Burpee



Caption: The exercise cycles through multiple movement planes, challenging muscles to work concentrically, eccentrically, and isometrically while maintaining stabilization throughout each repetition.

Alt text: A man with visible abs and chest.

Upper Body (Chest, Shoulders, Triceps)

The triple push-up component targets the pectoralis major and minor, anterior deltoids, and triceps brachii. Your chest handles the majority of the load at the bottom, the deltoids activate during the middle portion, and the triceps reach peak engagement during lockout.

Core Muscles (Abs, Obliques, Lower Back)

Your core works continuously throughout every phase. The rectus abdominis and transverse abdominis maintain constant isometric contraction during the plank and push-ups. Your obliques fire during transitions, and the erector spinae maintain spinal alignment.

Lower Body (Quadriceps, Hamstrings, Glutes)

Quadriceps activate during the squatting portions at the beginning and end. Hamstrings and glutes work eccentrically to control descent and explosively during the jump, creating optimal stimulus for lower body power.

Secondary Muscles

Trapezius stabilizes the shoulder blades during push-ups, latissimus dorsi engages during the plank position, and calves activate dynamically during the explosive jump.

Step-by-Step Guide to Perfect Form



Caption: Mastering proper form is essential for maximizing benefits while minimizing injury risk, with quality always trumping quantity even when fatigue builds.

Alt text: A man doing burpees.

1. Starting Position

Begin standing with feet shoulder-width apart, weight distributed evenly through your entire foot, and arms relaxed at your sides. Your posture should be tall with shoulders pulled back and down, creating a neutral spine position.

2. The Drop Phase

Initiate the movement by bending at the knees and hips simultaneously, dropping into a squat position with thighs parallel to the ground. Keep your chest up and spine neutral.

Place your hands on the floor shoulder-width apart with fingers pointing forward, positioned directly under your shoulders. Explosively kick your feet backward to assume a perfect plank position with your body forming a straight line from head to heels.

3. Executing the Triple Push-Up

With your body in a rigid plank position, perform three consecutive push-ups with perfect form. Lower your entire body as a unit until your chest lightly touches the ground, keeping your elbows at approximately 45 degrees to your torso.

Push back up to the starting plank position, fully extending your arms while maintaining the straight line from head to heels. Your core should remain braced throughout all three repetitions.

4. The Jump and Recovery

After completing the third push-up, explosively jump your feet forward toward your hands, returning to the squat position.

From the squat position, powerfully extend your knees and hips to drive your body upward into a vertical jump, reaching your arms overhead for maximum height. Land softly by absorbing force through your ankles, knees, and hips.

Master the Ultimate Full-Body Exercise With SOLE



Caption: Navy SEAL burpees deliver exceptional full-body conditioning, and complementing them with SOLE equipment creates a comprehensive home training system for maximum results.

Alt text: SOLE equipment mat.

For optimal training, our [SOLE Equipment Mat](#) protects joints during high-volume sessions. For recovery days, our SOLE Treadmills enable low-intensity cardiovascular conditioning, promoting recovery without adding stress.

The SOLE SW180 Adjustable Dumbbells with 16 weight settings from 5–80 pounds enable targeted strength work addressing weak points like shoulder pressing strength or explosive jump power, while the [FREE SOLE+ App](#) tracks performance and progress without subscription fees.

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Frequently Asked Questions (FAQs)

How many calories does a Navy SEAL burpee workout burn?

A Navy SEAL burpee workout can burn approximately 10–15 calories per minute for the average person, making it one of the most calorically demanding bodyweight exercises available.

Can I do Navy SEAL burpees every day?

While technically possible, performing Navy SEAL burpees daily is not optimal for most individuals. The high-intensity nature creates significant muscle damage and central nervous system fatigue, requiring adequate recovery time. A more effective approach is incorporating Navy SEAL burpees 2–3 times weekly with at least 48 hours between sessions to allow proper tissue repair and adaptation.

How long does it take to see results from Navy SEAL burpees?

Initial cardiovascular improvements can be observed within 1–2 weeks of consistent training, with most people noticing enhanced recovery between sets. Muscular endurance typically shows measurable improvement within 2–4 weeks, evidenced by the ability to perform more repetitions. Visible body composition changes generally require 4–8 weeks of consistent training combined with appropriate nutrition.

Are Navy SEAL burpees better than regular cardio?

Navy SEAL burpees offer distinct advantages over traditional steady-state cardio by simultaneously developing strength, power, and cardiovascular capacity. Navy SEAL burpees burn approximately 10–15 calories per minute compared to moderate jogging's 10–12 calories per minute, but their full-body nature simultaneously develops upper body pushing strength, core stability, and lower body power—benefits that jogging alone cannot provide.

What equipment supports optimal Navy SEAL burpee training at home?

Navy SEAL burpees require zero equipment, but a proper training environment and complementary equipment enhance results. Our [SOLE Equipment Mat](#) provides a cushioned, non-slip surface that protects wrists during push-ups and absorbs impact during high-volume jumping.