

# Burpees

“Burpees target every muscle in your body and train your cardiopulmonary fitness by repeatedly bringing your heart rate up and down”



Start from a standing position.

Squat down and place your hands on the floor in front of you.

Quickly kick both feet out behind you so you are in a plank position.

You can add in a push up here for extra work!

Next, bring your legs forward to go into a squatting position again, and jump up.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

## Every Drop Counts!!!

In these unprecedented times, our community needs to stand together!

Hospitals are experiencing blood shortages like never before. The Red Cross is now offering **COVID-19 Anti-body** testing for every donation!



Check out our **Virtual Blood Drive** at <https://sleevesup.redcrossblood.org/campaign/highland-family-chiropractic/> to find out how you can pledge to donate today!

**We are currently back to seeing routine and maintenance patients.**

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.**