

Going Strong: Burpees, Babies, and Learning to Count

Description



Babies and Barbells; both perfect for fitness!

I'm a guy who feels the need to do some sort of exercise on a daily basis. If I don't do something active, I feel lazy and stressed. A little obsessive, yes, but it's the truth. I know rest has a very important role in fitness, and this is my weak link.

I used to just run, a lot, and have finished several marathons as a result. This was very satisfying and very hard to train, and took a lot of time. I don't run so much anymore, but do so on occasion. Now my training is more geared towards strength.

Although I am reluctant to stop running after training so hard and long to get to where I was, I didn't like not having strength. Now I can squat, bench, dead lift, overhead press, *and* run! But, Now that we have Avery, my structured exercise routines have gone by the wayside and I just hope that I'll be able to do something close to what I would normally do.

Not one to accept just doing nothing, I try my hardest to muster motivation to get in a work out during Avery's usually longer morning nap. Sometimes, that doesn't always work out (ha ha, see what I did there?), and I have to go with Plan B; exercise with Avery!

I started by doing calf-raises while standing and feeding Avery a bottle. I'd tell her what I'm doing and count to 100. Perfect, I thought, teaching my baby to count and getting in some sort of activity. This led to me holding her and doing lunges all around the house while counting out loud. I'd even lunge to our closet, gather dirty clothes, and lunge to the washer to start a load. Teaching, washing, and exercise; that's basically killing *three* birds with one stone!

Here's a video I put together of doing lunges and a great full body move I call Baby Thrusters. It's just doing thrusters (squat down holding a weight and thrust up with the weight overhead) while holding your baby as the "weight".

[youtube <https://www.youtube.com/watch?v=BP-3H62N8cw&w=420&h=315>]

As I mentioned in the video, babies are perfect for increasing strength as they have built in progressive overload by constantly growing (i.e. gaining weight).

When she's in a good mood, I'll put Avery down and do burpees while counting out loud to her. Check out my video of her watching in bewilderment wondering what the hell daddy is doing.

[youtube <https://www.youtube.com/watch?v=qYdYG8PN5Qo?rel=0&w=420&h=315>]

Since the day we returned from the hospital with Avery, I have been doing 30 burpees every day. Some days I have zero energy or motivation, but I knock them out, all at once. In the closet, our garage, in the middle of our walk, the kitchen, wherever; just gotta get them done.

Give it a shot, commit to a set number and make yourself do that many burpees (or any other exercise) every day. So, when the day is over, you can say that at least you did something. Sadly, that's more than many people can say.



A few more months, and this won't be easy!

The main thing I'm trying to stress is, although becoming and being a parent is tough all on its own, you can still find a way to keep fit with a little creativity. Even better, telling your little ones what you are doing and counting sets/reps out loud will help them develop their constantly growing brains. Plus, parents leading by example is a sure way to help your kids grow to appreciate being active just like their parents.

Do you have any special ways of keeping active with your child?

If you have any questions on other exercises or fitness in general, please message me and I'd be happy to help however I can.

This post is part of the #FitFamilyFriday link up. Make sure to go there and check out other fitness inspired posts by other great parents!

[#FitFamilyFriday](#)

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