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# INSTRUCTIONS

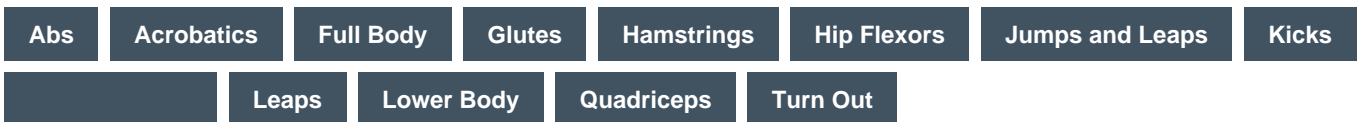
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## UP DOWN TUCK JUMP

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/up-down-tuck-jump/>



### Steps:

- Begin with legs together and arms at your side
- Come to Relevé squeezing quads and keeping ankles together. Bring arms to a shelf position.
- Drop one knee at a time to come to a kneeling position.
- Quickly stand back up to a low squat
- Jump with knees tucked
- Land in a standing position.

Repetitions and Modifications:

Repeat 30 to 60 seconds.

[ - ] remove the jump. Leave the chest up the whole time.