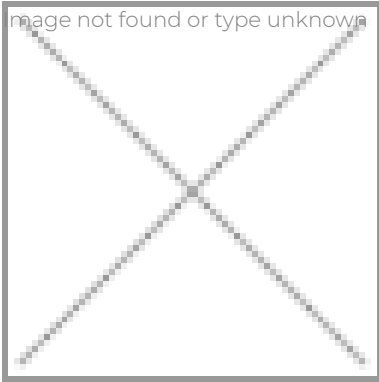


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INSTRUCTIONS

DONKEY KICK BURPEE

CATEGORIES: Endurance, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/donkey-kick-burpee/>



Steps:

- Begin in a standing position.
- Lower your body into a squat position
- Place your hands on the floor and shoot feet back into a plank / push up position.
- From the PLANK position, push off your feet and kick your heels toward your glutes
- Land back into the squat position
- From the squat position JUMP into the air with legs straight and arms tucked
- This is one rep

Repetitions and Modifications:

Repeat 5 – 8 times

[–] Do a basic Burpee without the glute kick