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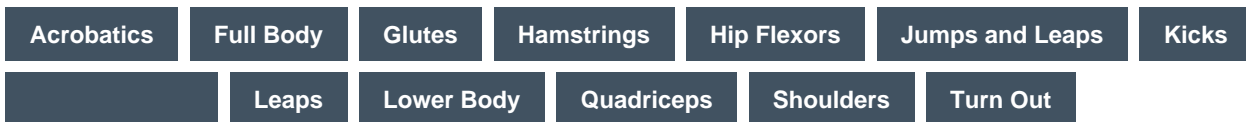
INSTRUCTIONS

RUNNING MAN BURPEE

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/running-man-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.
- Tuck your knees back to original squat position
- From the squat position JUMP into the air in a running position with right leg and left arm forward
- LAND in a standing position with soft knees
- This is one rep

Repetitions and Modifications:

Repeat 5 – 8 times on each leg

[-] Do a basic Burpee jumping straight into the air with legs together