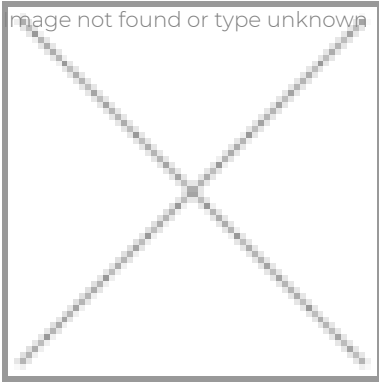


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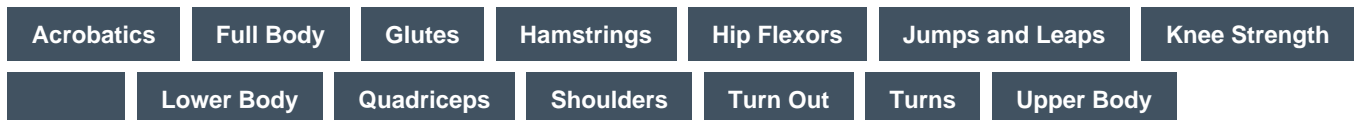
INSTRUCTIONS

POWER JACK

CATEGORIES: Endurance, Partners, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/power-jack/>



Steps:

- Each partner squats low with arms above their head and jumps into the air sucking legs into the middle and gluing them together.
- As you land, open legs to end in a squat.
- This motion is the same as a jumping jack but the movements are exaggerated and take the whole body off the floor.

Repetitions and Modifications:

Repeat for 30 - 60 seconds

[+] Add a pulse at the bottom

[-] Remove the Jump and walk feet in.