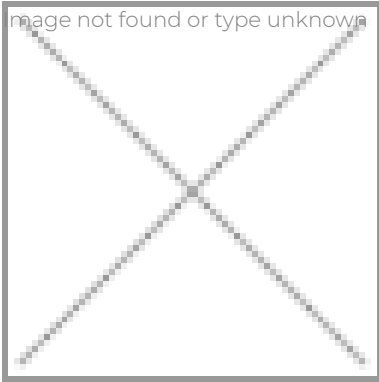


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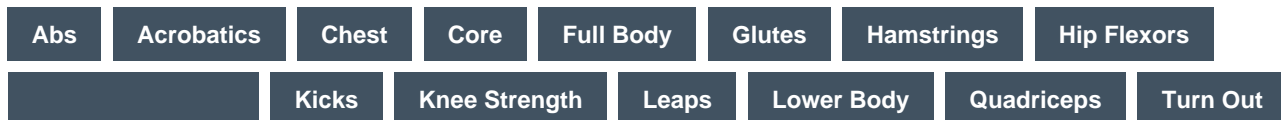
INSTRUCTIONS

BURPEE TUCK JUMP

CATEGORIES: Endurance, Partners, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/burpee-tuck-jump/>



Steps:

·Each partner does burpees by jumping into the air, landing in a squat position, shooting feet back into a plank, doing a push up, pulling legs back into a squat, and standing back up. ·When standing again, jump straight up and tuck knees into chest.

Repetitions and Modifications:
Repeat for 1 minute.

[-] Take the jump out