

HALLOWEEN THEMED FOR ENDURANCE

CATEGORIES: Endurance

LEVEL: Advanced

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/halloween-themed-for-endurance/>

Halloween themed for endurance Its SCARY how fun this endurance circuit is! Add Three BOO Burpees between each exercise and repeat twice.

1. Jumping Jack Lunge (10)
2. 3 Burpees
3. Mountain climber jump squat (10)
4. 3 Burpees
5. Jump Squat (10)
6. 3 Burpees

REST TWO MINUTES and REPEAT

ankles

Glutes

Jumps

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/jumping-jack-lunge/>

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

<https://dancer-fitness.com/exercise/squat-jump/>

BURPEE TUCK JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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