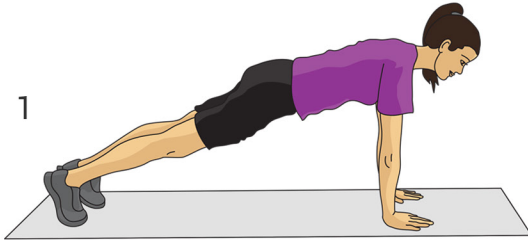


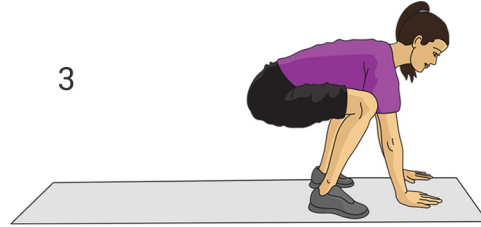


# EXPLOSIVE BURPEES

1



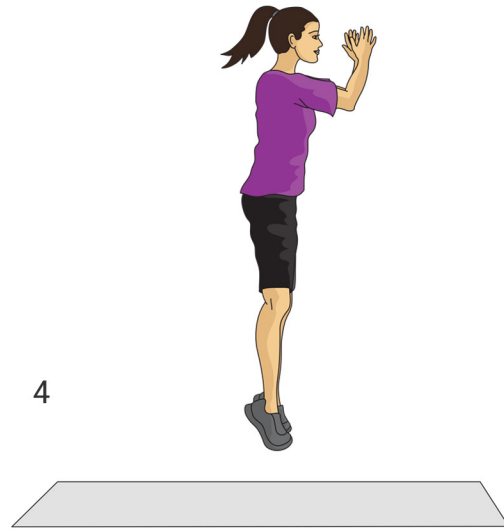
3



2



4



## HOW TO DO IT:

- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.

**make it easier:**

Remove the push-up at the bottom.

**make it harder:**

Replace jump with a tuck jump.