

· Jon	Alligator Pushups	
2	High Jump	
	Burpees	
Runde		

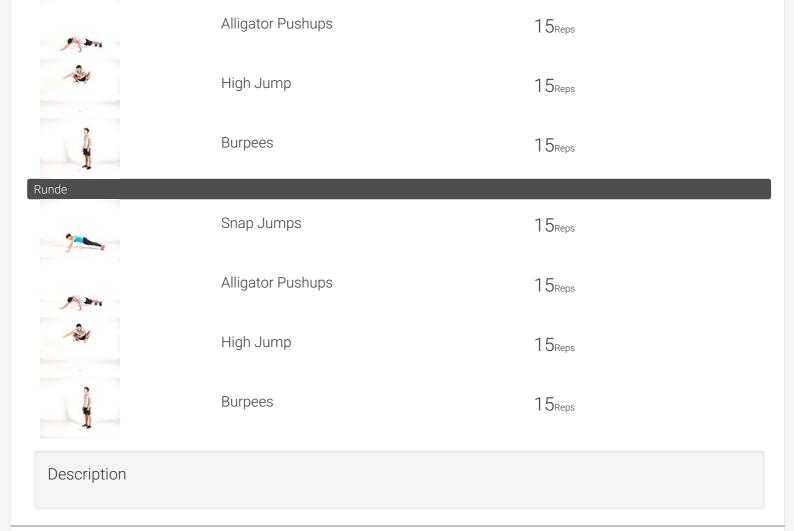
Snap Jumps

15_{Reps}

 15_{Reps}

 15_{Reps}



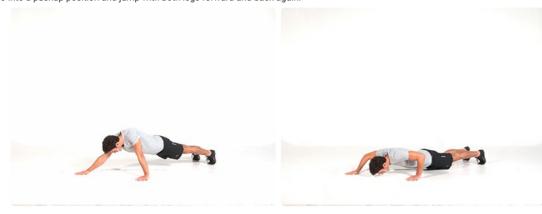


Exercise descriptions



Snap Jumps

Go into a pushup position and jump with both legs forward and back again.



Alligator Pushups



High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.