

BURPEES

MOVEMENT

- 1 • Stand in athletic position: feet shoulder width apart and knees slightly bent.
- 2 • Squat down into a crouched position with hands on ground out in front of feet.
- 3 • Extend legs behind hands into a push-up position.
- 4 • Jump back into the crouched position.
- 5 • Jump up into a standing position.

*Repeat for 5-10 reps or 30 seconds, rest for 30 seconds.
Players will fatigue quickly.*



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