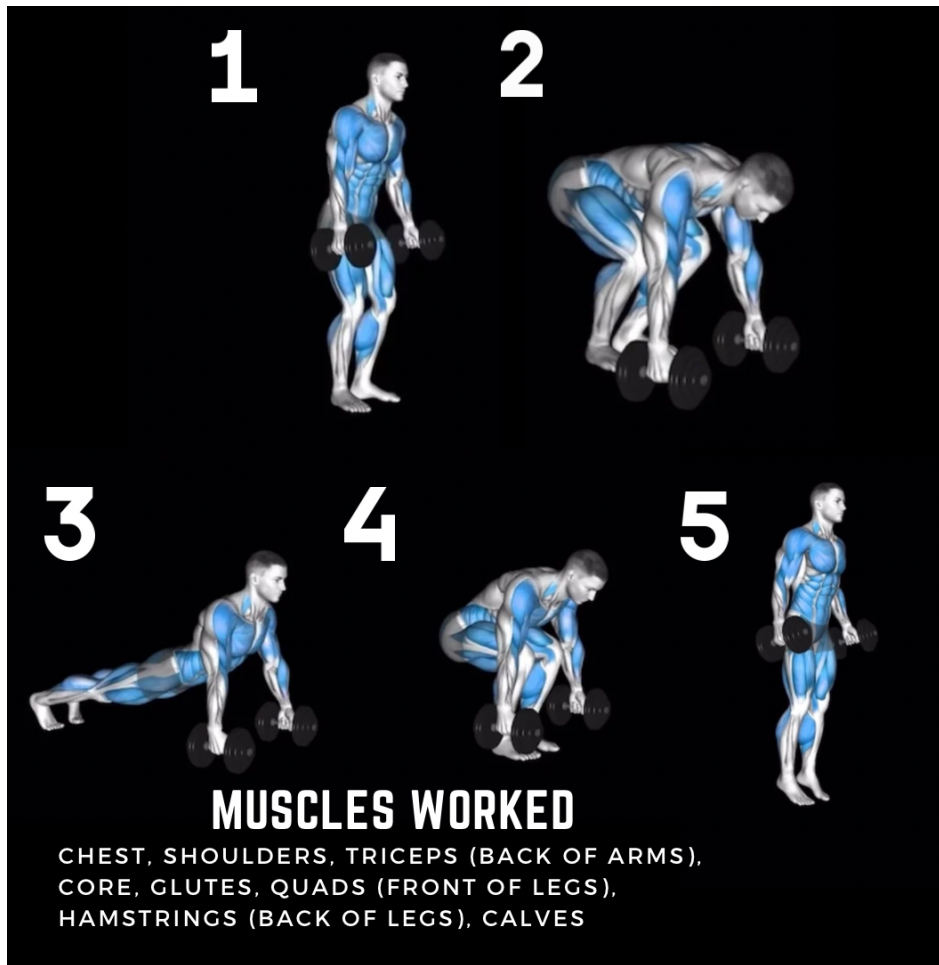


## HOW TO PERFORM A DUMBBELL BURPEE



### How To Do

1. Grab a pair of dumbbells and stand with your feet shoulder-width apart and a slight bend in your knees. Your shoulders should be directly over your hips with a neutral head and neck position. Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin.
2. Evenly distribute your weight and grip the floor with your feet to create a stable position. Your arms should remain long by your sides, with a slight bend in your elbows. Pre-tension your shoulders and hips and engage your core. Your ribs should be down, and your pelvis should be slightly tucked. All repetitions should begin from this starting position.
3. While maintaining a neutral spine, bend your hips, knees, and ankles to lower yourself toward the floor. Place the dumbbells on the ground slightly wider than shoulder-width apart.

4. While keeping the dumbbell handles in contact with the ground, keep your arms long and jump your feet back so you're in a high plank or push-up position.
5. While maintaining proper alignment, jump your feet toward your hands and stand.
6. Immediately begin your upward movement by explosively pushing through the ground to jump into the air. At the top of your jump, your arms should be long by your sides and your legs should be straight.
7. Land from the jump on the balls of your feet and evenly distribute your weight, allowing your hips and knees to bend to absorb force. Your bodyweight should be loaded into your midfoot and heel while keeping your toes engaged and in contact with the floor. Your knees should be in line with your toes.
8. Land softly and under control. Keep your core engaged throughout the landing. Immediately begin to lower back into the push-up position to perform the next dumbbell burpee.